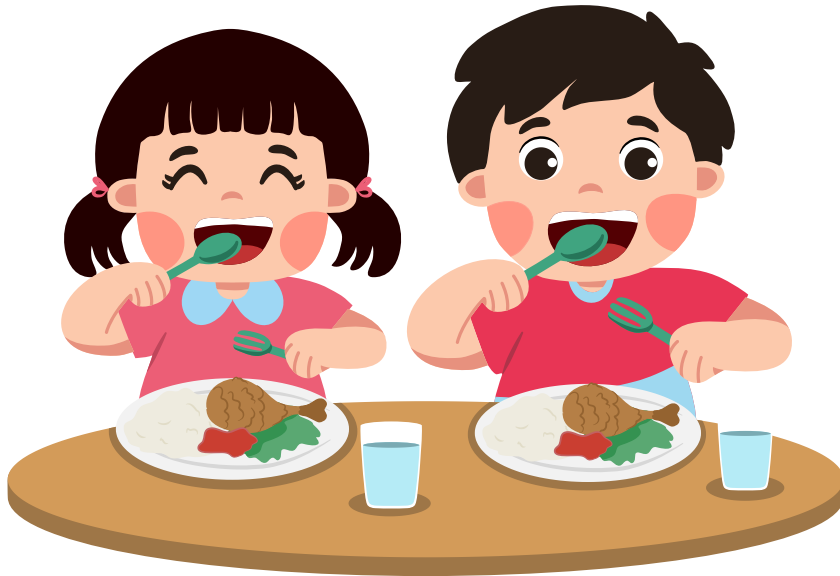


**I Can Try New Foods!**

I am learning to try  
new foods!



Sometimes I see food  
I have not tried  
before. It might look,  
smell, or feel  
different. That is okay!



I can look at the food.  
I can smell it. I can  
touch it with my  
fingers or my tongue.



After that, I can try a little taste! I do not have to eat the whole thing.



I can take a small bite and see how it feels in my mouth



If I do not like it, I  
can say “No,  
thank you.”



If I like it, I can eat  
more. I might find  
something new I  
like!



Everyone is excited  
when I try  
something new. It  
helps me grow  
strong and healthy!



Trying new foods  
takes practice. I am  
learning how to give  
them a try.



I will try new foods  
when I feel ready.  
That is a good thing  
to do.



Every small try  
helps me get  
better at trying.  
I am doing my  
best!

