

New Food Training

Research shows that it can take up to 10-12 tries before we start to enjoy a new food*. So be patient, keep experimenting with flavors, and make mealtime a sensory adventure!

NAME/S

DATE

HOW TO USE THIS CHART :

- For a new food, offer a pea size amount and reward with a sticker if the child tries it.
- Utilise sensory play to explore the new food with the five senses: sight, touch, smell, sound and taste.
- Eg: I wonder how this food sounds like, let's eat it together, cover our ears with our hands and listen!
- Eg: What shape is this food, does it smell sweet, what colour is it?
- Keep it low pressure with playful prompts, and if possible connect the food to a positive memory.
- Most importantly, role model by eating the food too!