



Mealtime: First, Next, Then



See it

- Look at the food together
- Name the colors you notice
- No tasting needed yet



Touch / Smell it

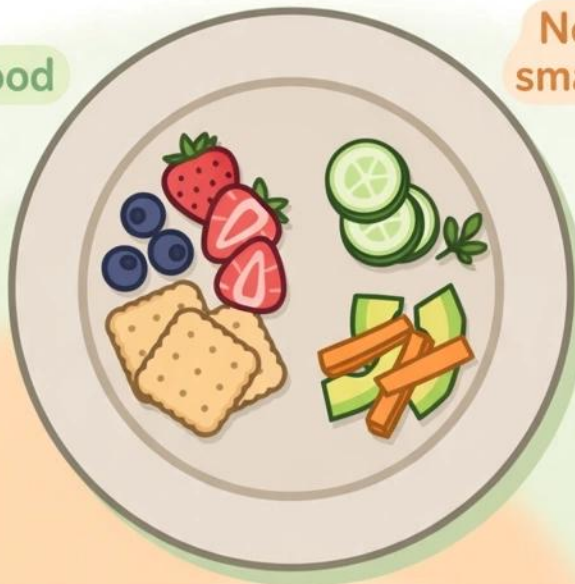
- Gently touch with a finger
- Smell it if you want
- Talk about the smell



Try it

- Tiny taste is optional
- You can try, spit, or wait
- Your choice is okay

Safe food



New food •
small portion

No pressure. Same plate, tiny portion
next to safe food.

