



TASTE TESTING



Tomatoes



Bell Pepper



Cucumber



Lettuce



MY FAVORITE IS: _____



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INTRODUCING NEW FOODS TIPS



1. Start small. When introducing a new food to your child, give them just a little taste the first time.
2. Try, try again. It can take as many as 15 exposures for a child to get fully comfortable with a new food. Sometimes even more.
3. Be creative. Try cutting it differently, using different dishes or a new location.
4. Let them explore. Let your child explore it with all of their senses. Encourage them to smell it and touch it.
5. Get them involved. Have them pick out a new fruit or vegetable to try at the store and let them help you with the food preparation.
6. Don't force it. Studies show that kids react negatively when pressured to eat foods. Be patient, stay positive and think long term.



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