

My Daily Helper

Pink Bunny & Friends

Trying a New Food



**A Social Story About
Exploring Food One Small Step at a Time**

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A New Food Is Here



A new food may look, smell, or feel unfamiliar. It is okay to feel unsure.

Ask Together

How do new foods make you feel?



I Know I Am Safe



A trusted grown-up chooses food that is safe for me. I can ask what it is.

Ask Together

Who helps choose safe food?





Looking closely is one way to learn about a new food.

Ask Together

What colors or shapes do you see?



I Smell It



I can bring the food near my nose and notice its smell.

Ask Together

How would you describe the smell?



I Touch It



I may touch a tiny piece and notice if it is smooth, bumpy, soft, or firm.

Ask Together

What does it feel like?



I Take a Tiny Taste



If I am ready, I can take one very small taste. Small steps count.

Ask Together

What is a tiny taste?



I Notice the Texture



I notice if the food is crunchy, soft, warm, cold, sweet, or salty.

Ask Together

How would you describe it?



I Use Kind Words



I can say, "I like it," "I am learning," or "No thank you."

Ask Together

What kind words can you use?



My Brave Step Counts



I do not have to finish everything for my brave step to count.

Ask Together

What brave step did you try?



Great Job - I Tried!



Foods can take many tries to feel familiar. I can be proud of learning.

Ask Together

What would you explore again?

