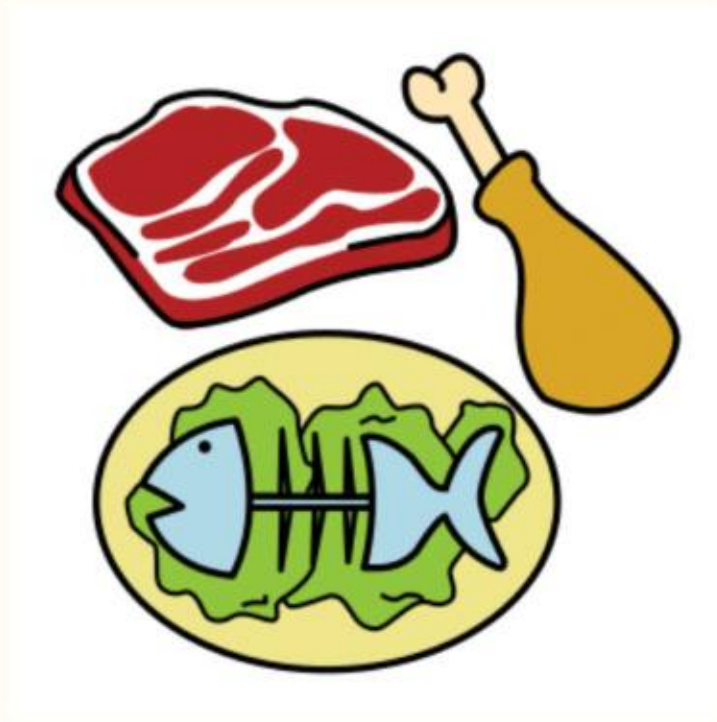
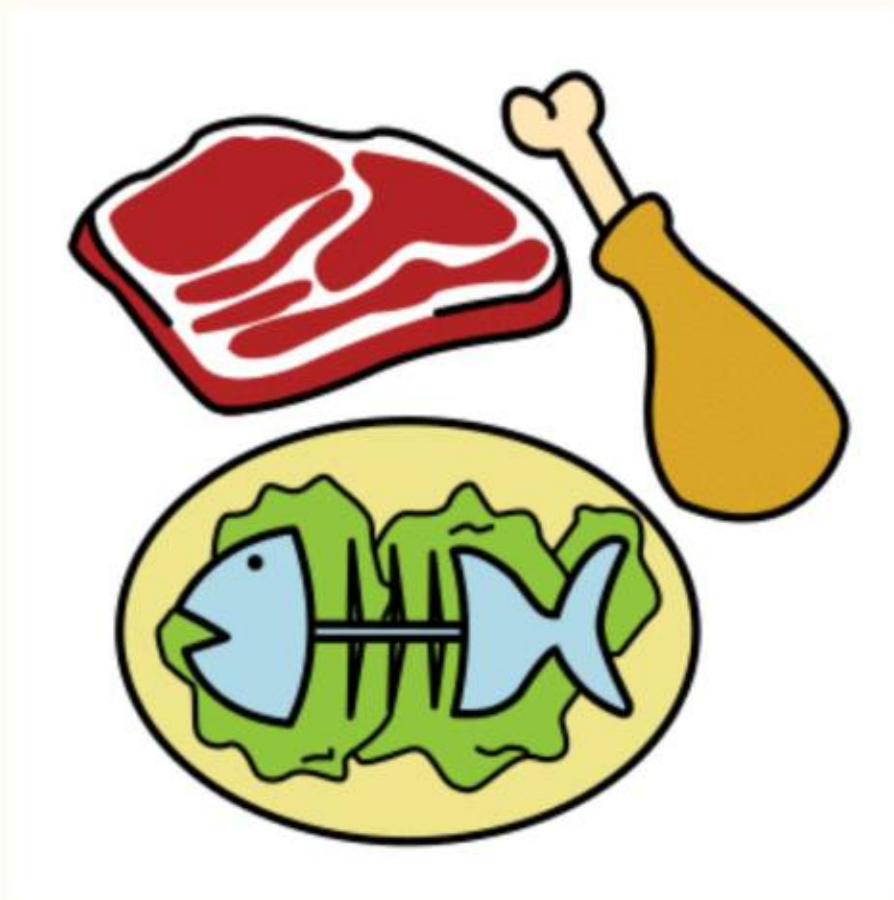
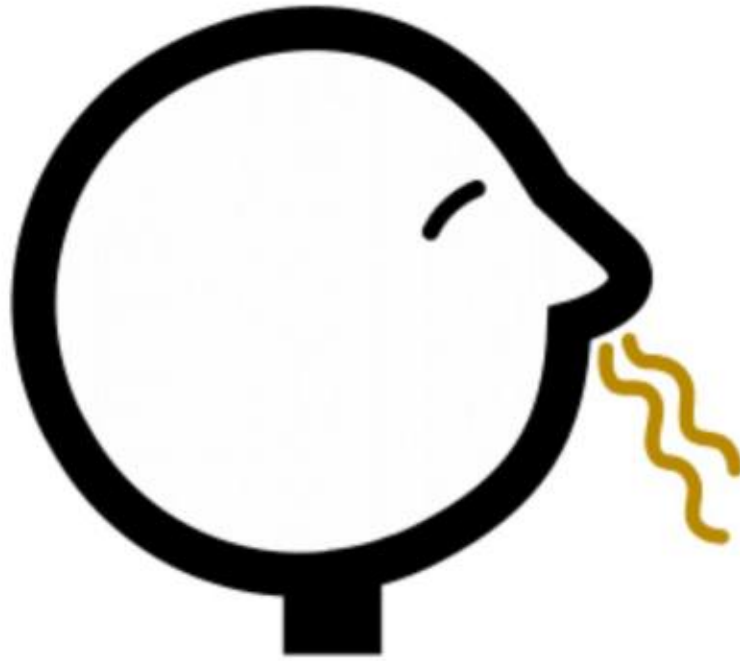




**There is a new food
today**



Sometimes there is food on the
table that I do not know.
I can look at it and ask what it is.
Knowing what it is helps me
decide.



A new food can be smelled and touched with a fork before tasting it.

**I can start with a very small piece.
Looking and smelling is already a step.**



If I do not like it, I can leave it on
my plate or on my napkin.

I can say “I do not like this”
without shouting.

Trying a little is enough for it to
count.



There are also things on the table
that I already like.

I can eat those and try the new
food another day.

What we like changes over time.

There is a new food today

Social story made with inklui.com

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Based on Carol Gray's Social Stories.