My Food Explorer Map

Every food is something new to learn about. I go one small step at a time.

Name: _____ **Date:** _____

1 My foods

Write or draw them. Learning foods are ones I am getting to know

My yes foods: _____

_____

My learning foods: _____

Foods for later: _____

2 Food explorer steps

Every step counts. Tick the steps I can do today

- ☐ 1 Look at it
- ☐ 2 Touch it
- ☐ 3 Smell it
- ☐ 4 Kiss or lick it
- ☐ 5 Tiny bite, spit OK
- ☐ 6 Bite and chew
- ☐ 7 Eat a few bites
- ☐ Helped make it

3 Food scientist words

Circle words that describe my learning food

- ☐ Crunchy
- ☐ Soft
- ☐ Juicy
- ☐ Smooth
- ☐ Sweet
- ☐ Sour
- ☐ Salty
- ☐ Bumpy

4 Food detective

Be curious. It is OK not to like something yet

What makes a food hard for me: _____

What helps me try: _____

What I want grown ups to know: _____

Draw a food I want to explore, and what it looks like up close:

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My Try a Bite Plan

Small, calm tries most days help new foods feel less new.

Name: _____ **Date:** _____

1 This week's learning food I helped choose it

My learning food: _____

How it will be served: _____

My yes food on the plate: _____

When we will try: _____

2 Things that help me try Tick the ones that help

- ☐ Tiny piece
- ☐ Helping cook
- ☐ A napkin to spit
- ☐ Grown up eats it too
- ☐ Calm table
- ☐ No one watching
- ☐ A sticker
- ☐ Dip or sauce

3 My week Write the highest explorer step (1 to 7) I reached each day

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
My explorer step	☐	☐	☐	☐	☐	☐	☐
Calm at the table	☐	☐	☐	☐	☐	☐	☐
Helped with food	☐	☐	☐	☐	☐	☐	☐

4 For the adult helper Invite, never force. The child may stop at any step

You decide what, when and where food is served; your child decides whether and how much to eat. Always include a yes food.

No pressure, bribes or dessert for eating. Praise or a sticker for any explorer step. Many children need 8 to 15 tries.

See your pediatrician if your child loses weight, eats fewer foods over time, gags, chokes, vomits, has pain or is afraid to eat.

If a child talks about wanting to die or hurting themselves, call or text 988. If anyone is in immediate danger, call 911.

Adult notes: small wins, date to review the plan

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