

TRYING NEW FOODS

Primary version



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Teaching Notes

A social story is an effective way to teach children how to navigate a new situation, such as starting school or preschool.

Social stories can help children understand what to expect at school or preschool and they can be used to support orientation, which is particularly useful when children and families are not able to be on-site.

Encouraging children to try new foods once is a common social skill that needs to be frequently addressed.

As educators we always will say things like, "go on, give it a try" or "You never know, you might love it", however we need to explicitly teach these skills.

This story can be used to help children to broaden their interest and likes in different foods.



Food is important to us.
It gives us energy and keeps our bodies healthy.



It is important to eat lots of different kinds of foods.
Different foods have different nutrients which help to
make you big and strong.



There are lots of foods you like, and lots of foods you
don't like.
Everyone likes different foods.
Some people love pancakes, other people hate them.



Yes   NO

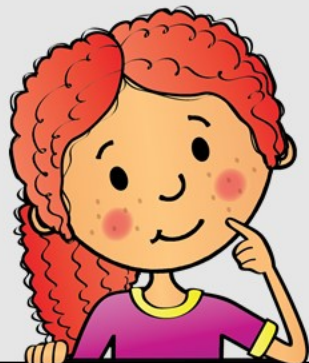
Everyone has taste buds.
Our taste buds are on our tongue.
They help us to see what our food tastes like.
Our taste buds change all the time, so do the things that
we enjoy eating. A food you try one day, you may not
like. The next day you may like it.



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You may find a new favorite food if you try different
 ones all the time.



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US spelling

Food can be sweet, salty, sour, savory or bitter.
 Some people like only sweet food.
 Some people like only salty food.
 We are all different.



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Food can be soft or hard.
 Crunchy, chewy or smooth. It can be hot or cold.
 I won't know if I like something though until I give it a
 taste, a lick or a bite.
 Even if I think it looks funny, or gross.
 I should give it a try.



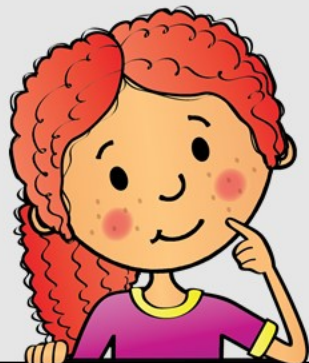
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I might not want to try new food. I might feel a little scared because it is something new.
 I might wonder what it tastes like. Will it be spicy or sweet, crunchy or soft.
 The only way to know is to give it a try.



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Different foods may have different textures.
 They may be soft, or chewy.
 There are different ways to cook food too.
 It may taste different depending on how it is cooked.



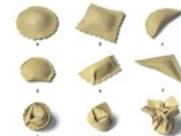
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I might have to experiment and try a wide variety of food until I find what I like and don't like.
 Sometimes I might like something as soon as I try it, and other times I might need to try it a few times.
 I must remember that my taste buds are changing so I can try again later.



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I can look at food too.
 What colour is it?
 What shape is it?



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Smaller cards which can be printed a cut to use at home or put on a curtain ring.

Food is important to us.
It gives us energy and keeps our bodies healthy



It is important to eat lots of different kinds of foods.
Different foods have different nutrients which help to make you big and strong.



There are lots of foods you like, and lots of foods you don't like.
Everyone likes different foods.
Some people love pancakes, other people hate them.

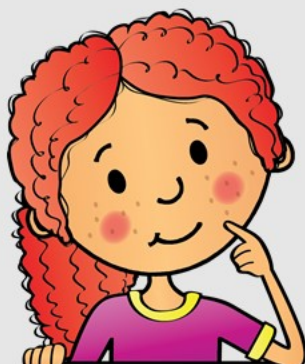


Yes ☒ ☐ NO

Everyone has taste buds.
Our taste buds are on our tongue.
They help us to see what our food tastes like.
Our taste buds change all the time, so do the things that we enjoy eating. A food you try one day, you may not like. The next day you may like it.



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Smaller cards which can be printed a cut to use at home or put on a curtain ring.

You may find a new favourite food if you try different ones all the time.



UK spelling

You may find a new favorite food if you try different ones all the time.



US spelling

Food can be sweet, salty, sour, savory or bitter.
Some people like only sweet food.
Some people like only salty food.
We are all different.



Food comes in different colours too.
Some people only like to eat food that is one colour. Other people like to eat lots of different coloured food.



UK spelling

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Smaller cards which can be printed a cut to use at home or put on a curtain ring.

Food comes in different colors too.
Some people only like to eat food that is one color. Other people like to eat lots of different colored food.



UK spelling

Food can be soft or hard.
Crunchy, chewy or smooth. It can be hot or cold.

I won't know if I like something though until I give it a taste, a lick or a bite.
Even if I think it looks funny, or gross, I should give it a try.



I might not want to try new food. I might feel a little scared because it is something new.
I might wonder what it tastes like. Will it be spicy or sweet, crunchy or soft.
The only way to know is to give it a try.



Different foods may have different textures.
They may be soft, or chewy.
There are different ways to cook food too.
It may taste different depending on how it is cooked.



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Smaller cards which can be printed a cut to use at home or put on a curtain ring.

I might like crumbed chicken, but I don't like roast chicken.
I might like French fries, but I don't like mashed potatoes.
It is important to try different foods in case you like it cooked a special way.



I can touch new food and see what it feels like.
It may be smooth or rough, bumpy or crumbly.
It may be wet or dry, or hot or cold.



I might have to experiment and try a wide variety of food until I find what I like and don't like.
Sometimes I might like something as soon as I try it, and other times I might need to try it a few times.
I must remember that my taste buds are changing so I can try again later.



I can smell food too.
Smelling food can help me to decide if I might like it.
Does it smell sweet or spicy?
Does it smell at all?



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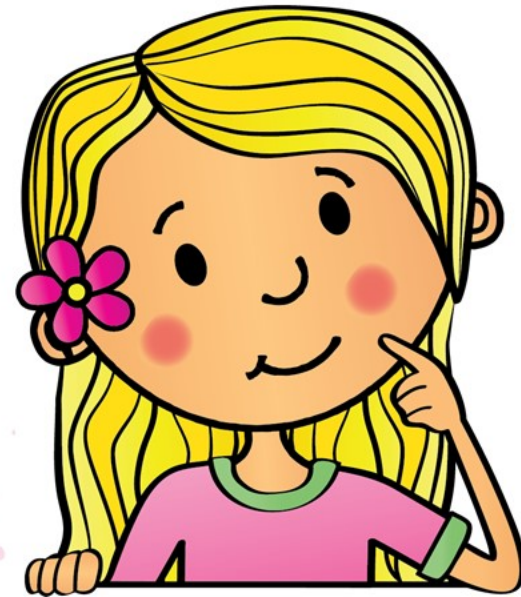
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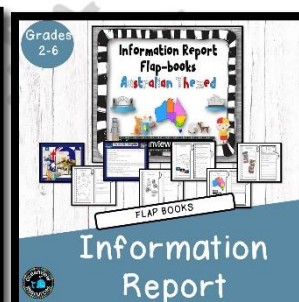
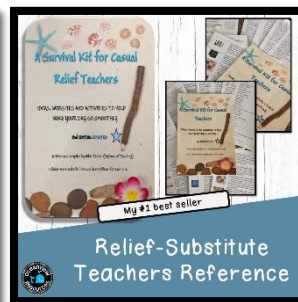
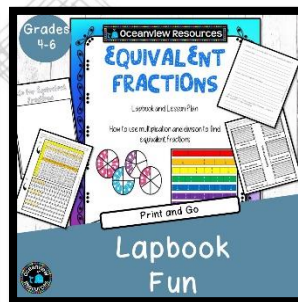
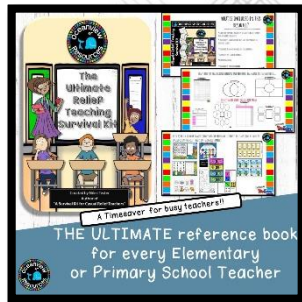
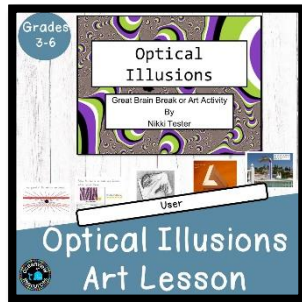
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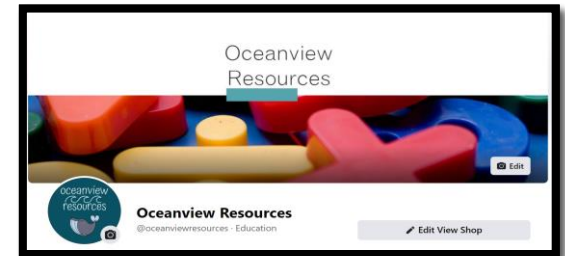
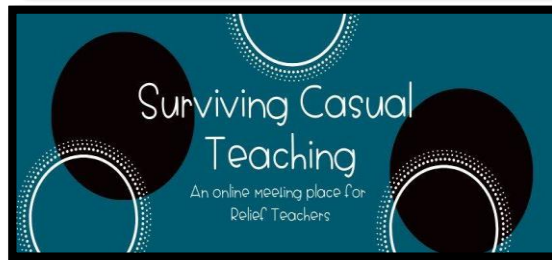
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