

SOCIAL STORY

TRYING NEW FOOD (pre school)



TRYING NEW FOODS

For Pre-School Children



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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.



The illustration shows two children engaged in physical activity. On the left, a girl with dark curly hair, wearing a green headband, a green t-shirt, green shorts, and green sneakers, is smiling and jumping rope. On the right, a boy with brown hair, wearing a blue t-shirt, light blue shorts, and blue sneakers, is smiling and riding a grey exercise bike. The background is plain white.

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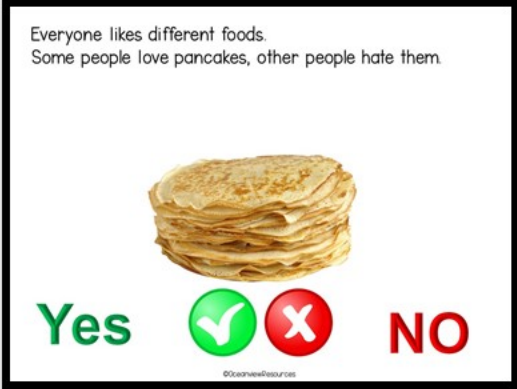


Everyone likes different foods.
Some people love pancakes, other people hate them.



Yes   NO

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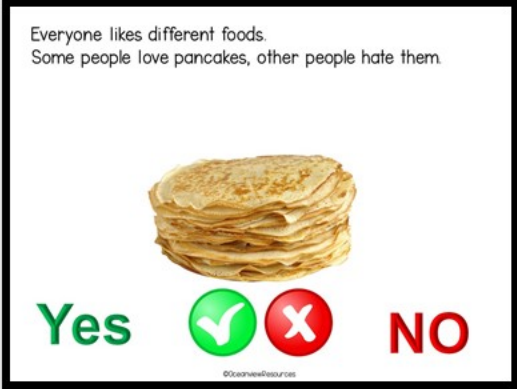


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Yes   NO

©twinklresources



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Yes ☒ No ☐

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



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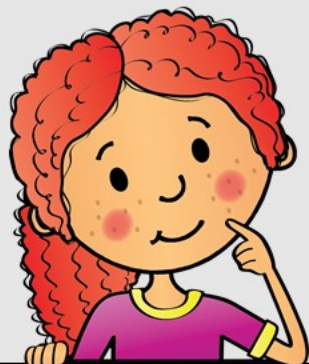
UK spelling



Food can be sweet, salty, sour, savoury or bitter.



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



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US spelling

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 because it is something new.
It is good to try new things.
It makes people happy when I try.



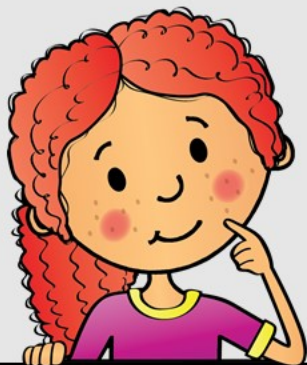
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There are different ways to cook food too.
It may taste different but it is still the same food.



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I can look at food too.
If I like how it looks I might like to try it.



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I can smell food too.
Smelling food can help me to decide if I might like it.



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I can try having my favorite sauces or dips with my food.



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US spelling



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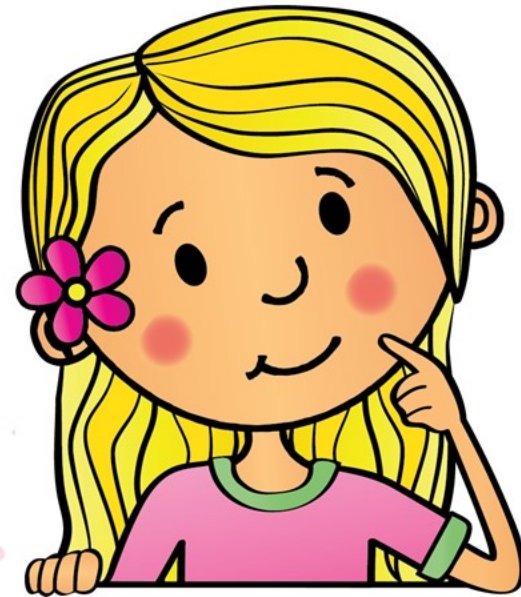
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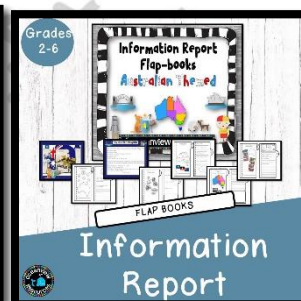
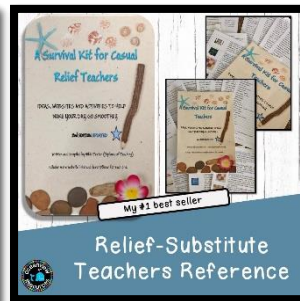
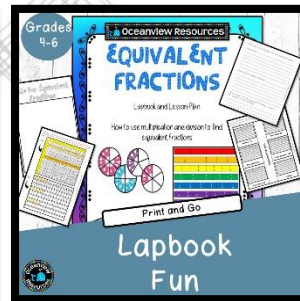
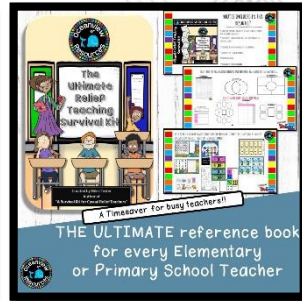
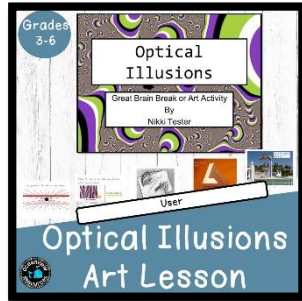
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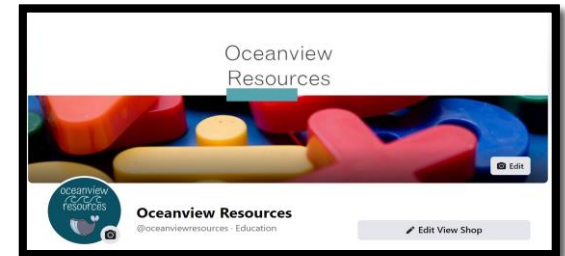
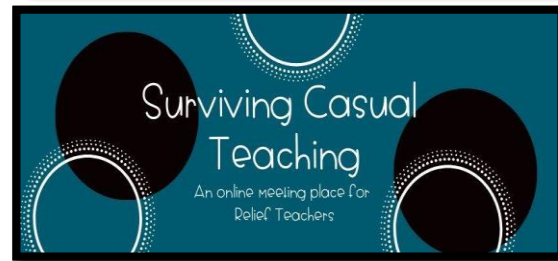
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