Check out this social story Nutrition/Trying New Foods



inspired by the special Blippi episode featuring ESSC!



Easterseals.com/ESSCblippi



Eating healthy foods helps me to grow and gives me vitamins.

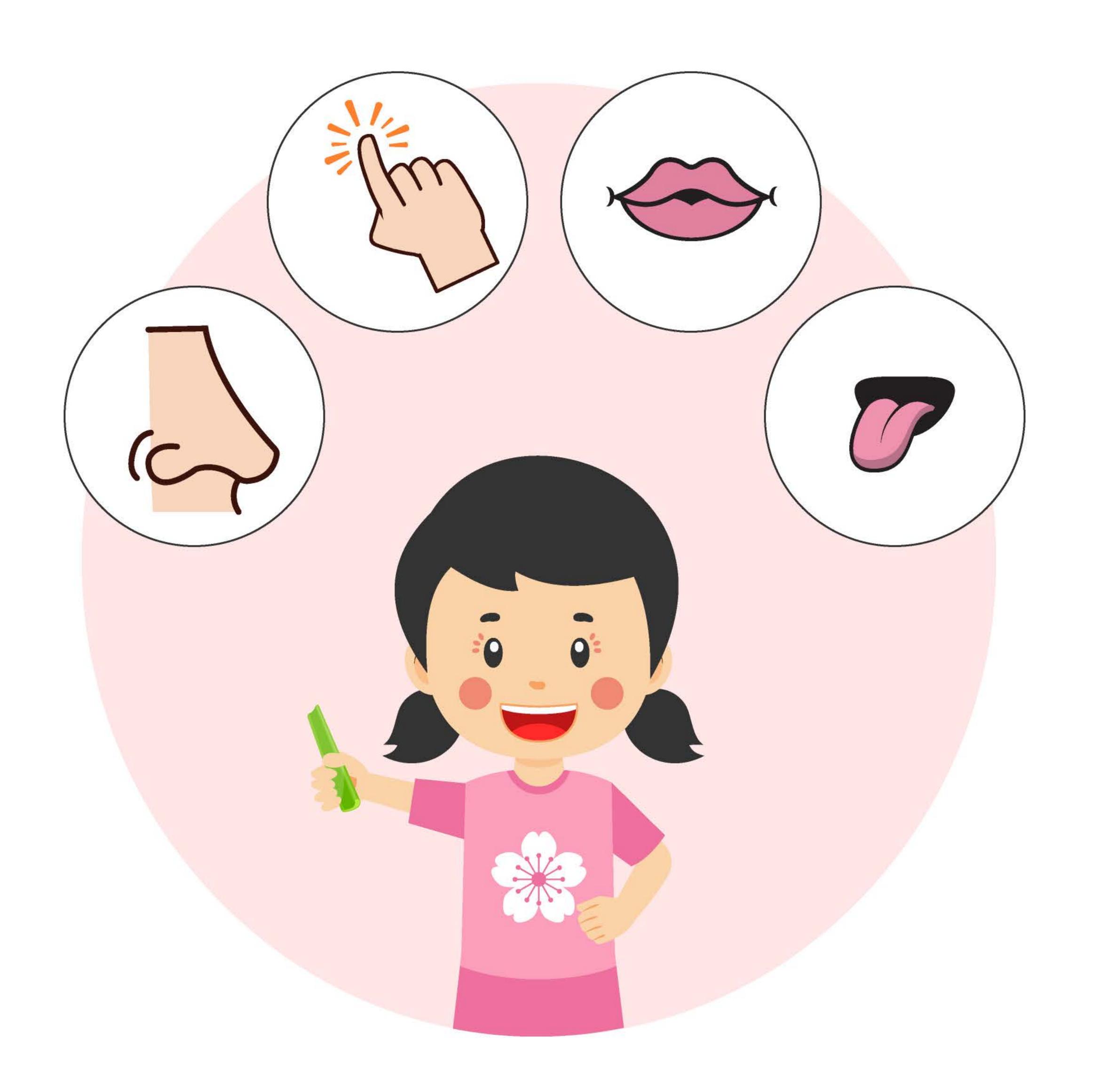


I might have a favorite food but I should also try new foods.

That's how I can find out if I like it or not.



If I haven't tried a food before, I might not be ready to try it.



I can start by smelling the food, touching it, kissing it, and licking it.



Then, I can try taking a bite.



If I don't like the food, that's okay.

I can put it away and try again another time.



Color the healthy foods!