

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.**

Activity



Color the healthy foods!