

Trying New Foods



When I am eating, someone may offer me food that I have not tried before. This is because they think I might like it.

I will try to taste a bit of the new food. Why? Because I will not know what the food tastes like unless I try to eat it.

If I like the new food, I can ask for some more. I could say "may I have some more please?"

If I don't like the new food that I have tasted, I will try to remember to say "No thank you, I don't like it".

Trying new foods is good. Why? Because it is a good way to find out which foods I like and don't like to eat.

