



Picky Eater Try Log

One new food at a time, no pressure. Circle how far they got.



Date	New food	How we served it	How far they got	Notes
			looked touched licked tasted ate	
			looked touched licked tasted ate	
			looked touched licked tasted ate	
			looked touched licked tasted ate	
			looked touched licked tasted ate	
			looked touched licked tasted ate	
			looked touched licked tasted ate	
			looked touched licked tasted ate	
			looked touched licked tasted ate	

Most kids need to see a food many times before they eat it. Every step on the list counts as progress.