



# Eating New Foods

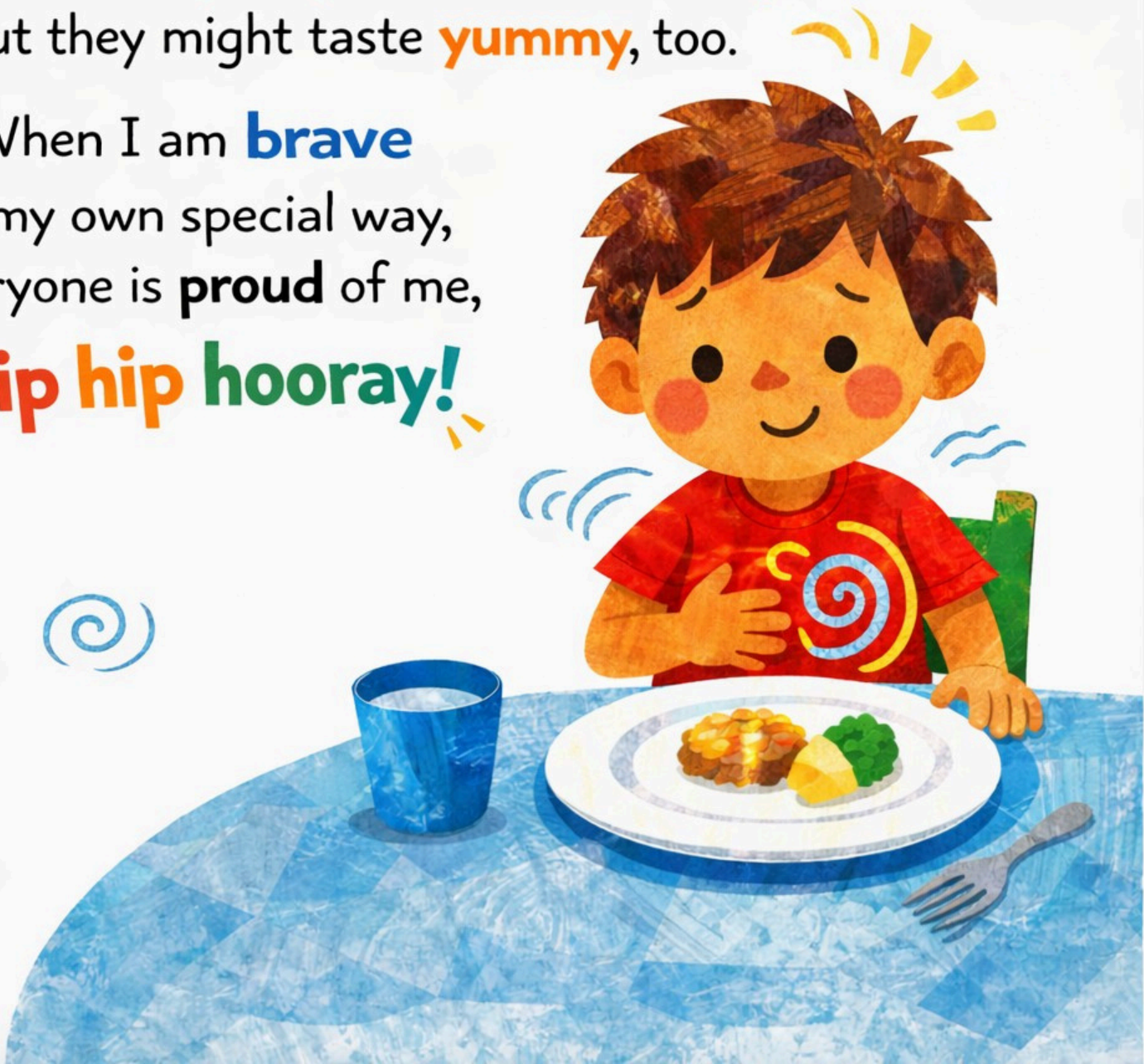
Bobbi Rogers





Trying new foods can be **hard to do**.  
Some are **squishy**, some smell **funny**,  
but they might taste **yummy**, too.

When I am **brave**  
in my own special way,  
everyone is **proud** of me,  
★ **hip hip hooray!**





I can eat bananas, yellow and bright,  
Curvy and sunny, a wonderful sight.

I peel and I **look**, I smile and see

This brave little **look** belongs  
to me.



I can eat **crackers, crunchy and square,**  
**Snap, crack, crunch,**  
I'm brave and **aware.**

One tiny try, or none today,  
I am the **boss**  
of my **brave** way,



I think I want **chicken**, warm on my plate,

Maybe **I'll try it...**

I don't have to wait.

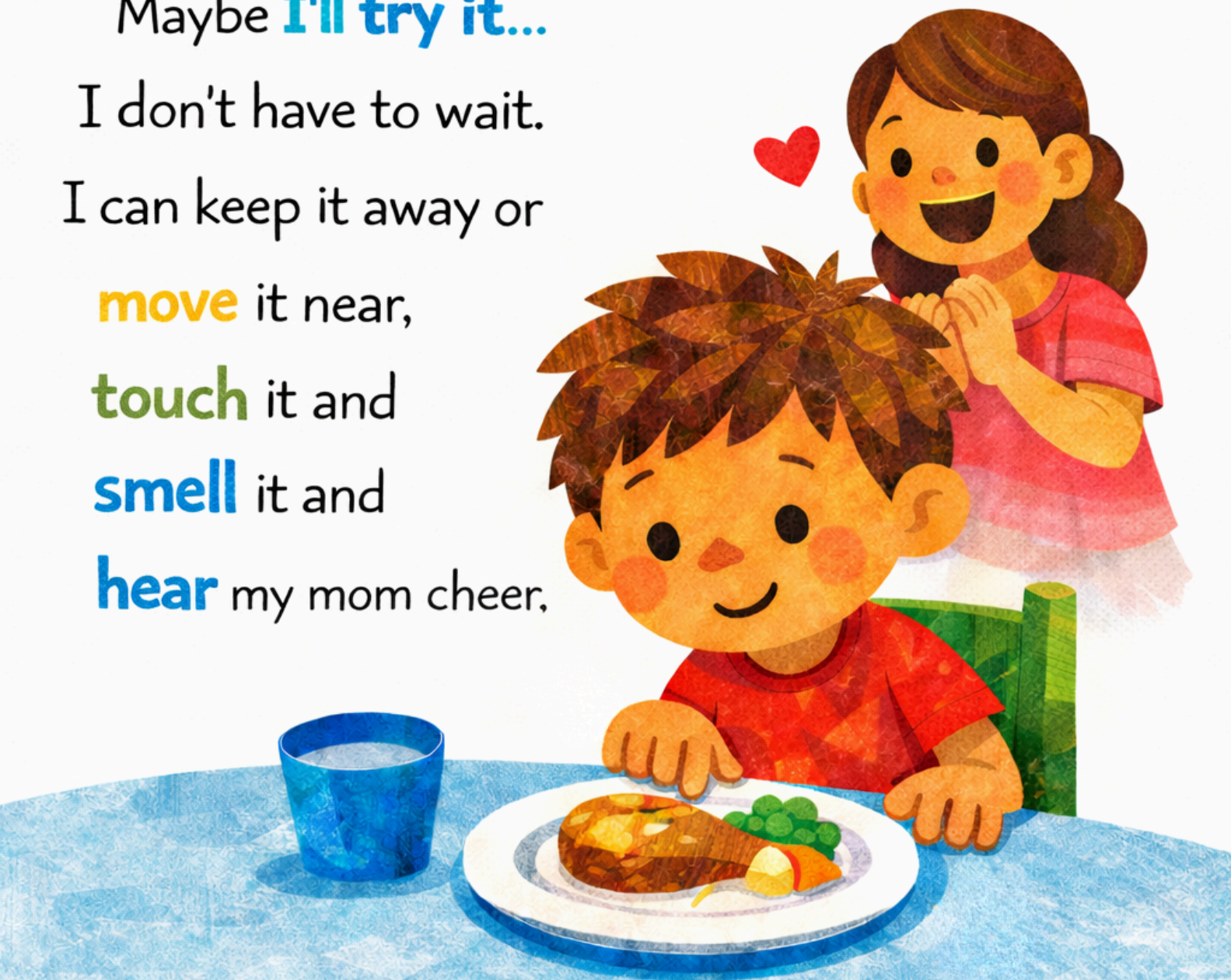
I can keep it away or

**move** it near,

**touch** it and

**smell** it and

**hear** my mom cheer.



I think I want **fries**, golden and tall,  
I can look, I can **smell**,  
I can choose it all.

I smelled a new food –  
**sniff, sniff, sniff!**

That was fun, brave,  
and quick as a whiff



I looked at new food, just taking a **peek**,  
I didn't have to **touch** it or **taste** it this week.  
I touched a new food - **tap, tap, tap**,  
Then pulled my hand back into my lap.



**Smelling** is brave, **looking** is **strong**,

**Trying** helps bravery grow along. ✨

**Touching** is brave, even just once, ✨

I listen to **me**, ✨

that's what counts most.



I tried a **small bite**, tiny and slow,  
I chewed for a moment, and thought,  
**“I don’t know.”**

★ I chewed some more and  
★ swallowed that bite.

I smiled and knew it  
**tasted all right.**



# Clap! Cheer! Hip hooray!

Brave little steps happen every day!

I am brave when I try food that is new.

I listen to myself and know what to do.

I don't have to eat it, **but I am proud when I do.**



I spy a **banana, yellow** and bright,

★ Can you find it? Look with your sight! ★



I spy some **carrot sticks**, orange and sweet,  
Can you find them? A brave little treat!



I spy some **fries**, golden and tall,

Can you find them? You might find them all!







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