Proud Moments ABA

Eating New Foods

Created by Bobbi H. Rogers and Carlee Baker



A Note for Grown-Ups

This book is designed to help you start a gentle, low-pressure conversation about trying new foods with your child.



For many children, especially children with autism, trying something new isn't just about taking a bite. It means getting used to unfamiliar textures, tastes, and smells—all at once. That can feel overwhelming. What may seem like a small step to an adult can be a significant challenge for a child.



This story invites you to approach those moments with curiosity rather than urgency. Instead of focusing on "eating," it encourages noticing, exploring, and talking. Looking at a food, touching it, smelling it, or even just sitting near it are all meaningful steps forward.

Books can create a safe space to talk about these experiences in a way that feels calm and predictable. As you read together, you are building language, trust, and comfort around something that can otherwise feel stressful.

Progress with new foods often happens slowly, and that is okay. Patience, consistency, and a nurturing tone will support your child far more than pressure ever could.

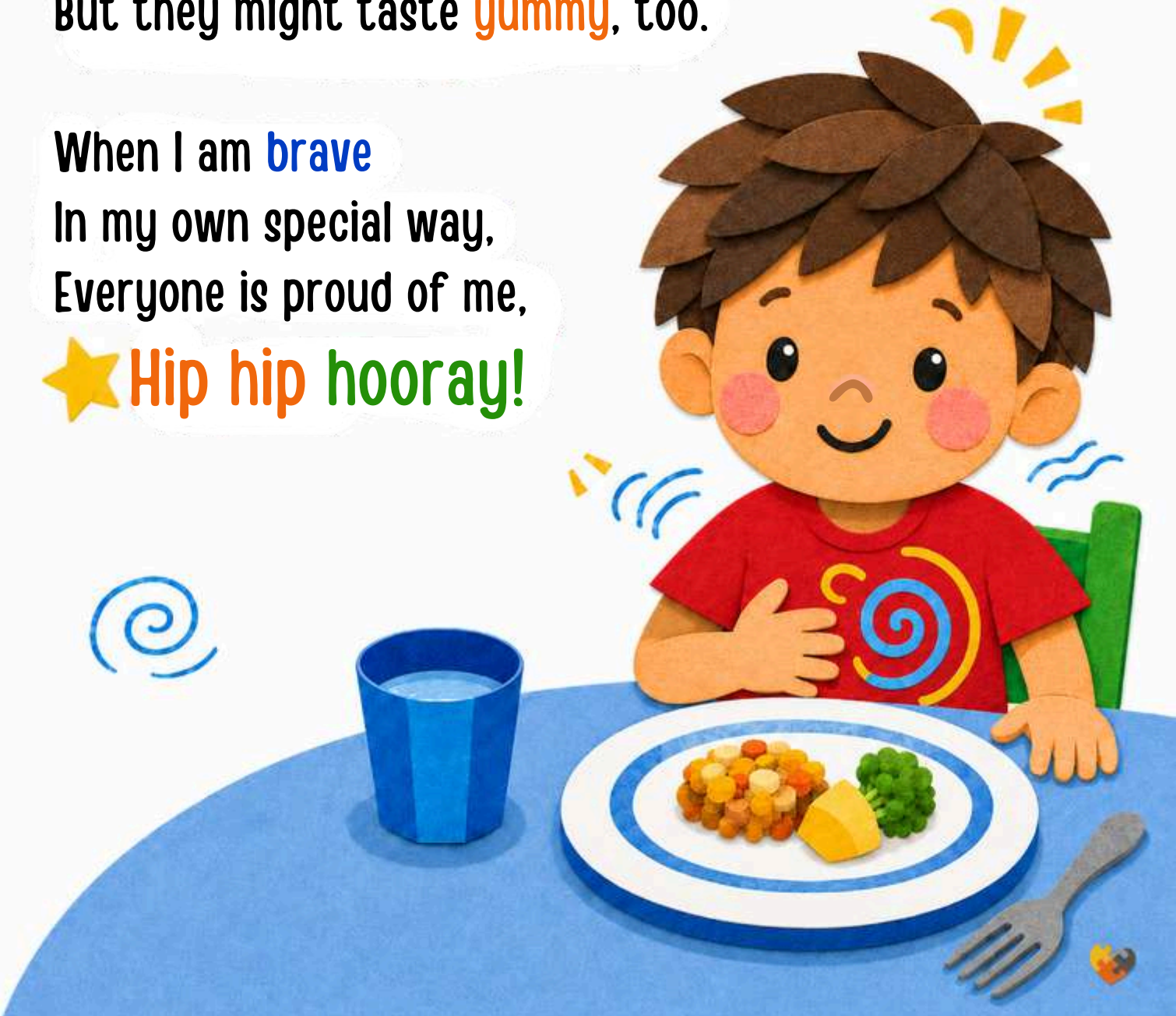


The goal is not perfection. The goal is connection, confidence, and helping your child feel safe enough to try at their own pace.

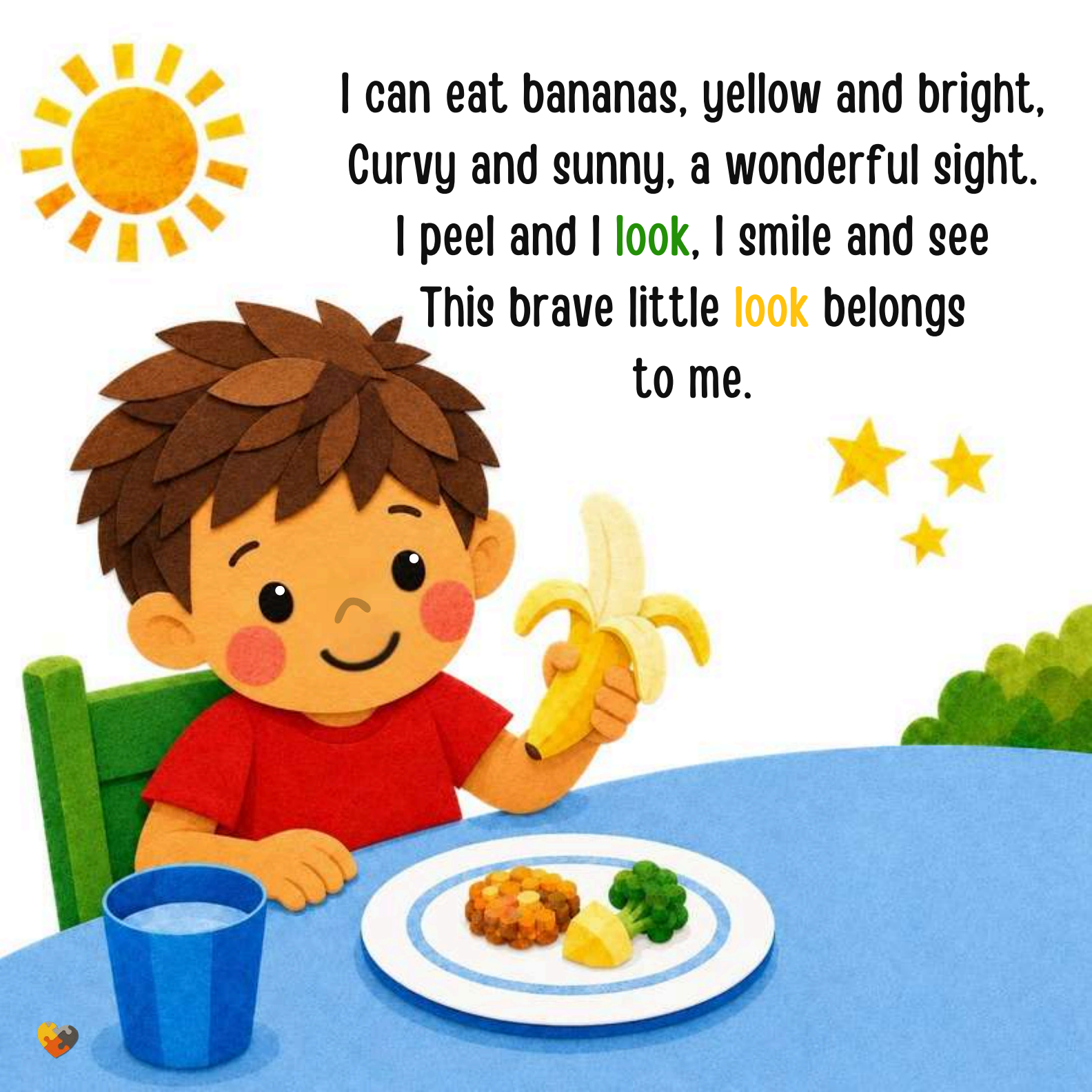


Trying new foods can be hard to do.
Some are squishy, some smell funny,
But they might taste yummy, too.

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!

It was fun. It was 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.



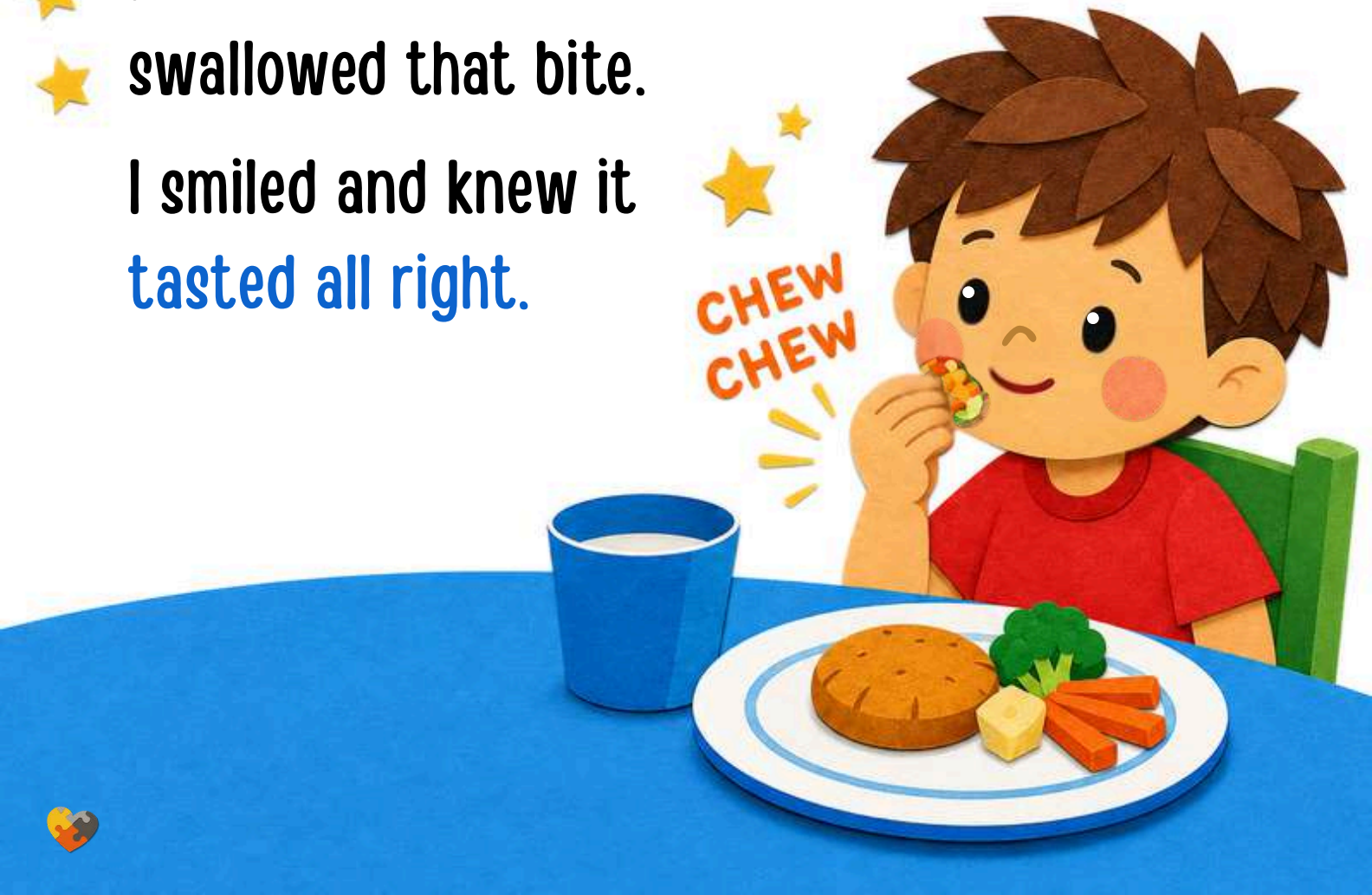
Smelling is brave, looking is strong,
Trying helps bravery grow along.
Touching is brave, I do what I can,
I listen to me; I follow my plan.



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!



Carrot Power Path!

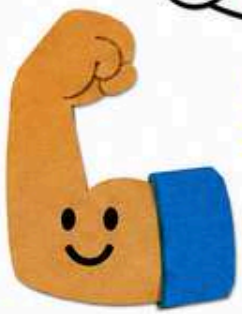
Trace the path from the carrot to the heart.
See how eating a carrot helps your whole body!



Start!
You eat
a carrot.

It helps your brain work!
It helps you think, learn and remember.





It helps your arms work!
You can reach, lift and play.

It helps your feet move!
You can run, jump and dance.





It gives you energy!
Energy helps you do all the things you love.

It helps your heart too!
Your heart pumps blood around your body to keep you strong.



My Brave Food Badge!

Color one badge piece each time you do a brave food step. You do not have to eat the food. Every brave step counts!



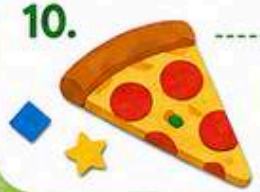
My Food List!

Food is fun! These are the foods I love and the foods I want to try.

My Favorite Foods!

These are the foods I already love.

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....
7. .....
8. .....
9. .....
10. .....



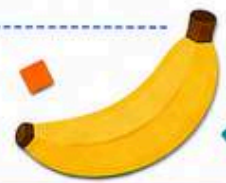


Foods I Want to Try!

These are new foods I am curious about.

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....
7. .....
8. .....
9. .....
10. .....







I am proud to try new things!

I can go at my own pace and I can celebrate every brave step.



Trying new foods can feel like a big step.

Eating New Foods is a gentle, encouraging story that helps children explore unfamiliar foods in a calm and playful way.

With cheerful rhyme and comforting illustrations, this book celebrates looking, smelling, touching, and trying — one brave step at a time.

It reminds children and grown-ups that progress can be slow, small steps matter, and every brave step counts.



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