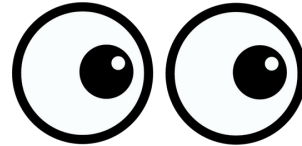


15 WAYS TO TRY A NEW FOOD (WITHOUT EATING IT)

Lauren Sharifi, MPAH, RD, LDN

LOOK AT FOOD

1. Identify sensory preferences.
2. Identify foods that fit sensory preferences.
3. Look at pictures of the food on the internet.
4. Watch cooking videos.
5. Read books about the food.
6. Look at food at the grocery store, or in your home.



SMELL FOOD

7. Try smelling food uncooked and cooked, or in different preparations.



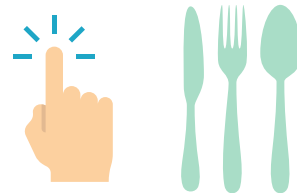
LISTEN TO FOOD

8. Listen to food being cooked, cut or prepared.



TOUCH FOOD

9. Touch new food with gloves or utensils.
10. Touch food with your hands.
11. Prepare or cook food for someone else.



BRING FOOD CLOSER

12. Have food on table or in sight.
13. Place food on your plate or nearby plate.
14. Touch food to your lips.
15. Lick food with your tongue.



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