

# A Tiny Taste

A social story for Kairav — Learning to try new foods one small step at a time



1

I see a new food on my plate. It looks different from my usual foods.



2

New foods can look scary. That feeling is okay.



3

First, I can look at it. Then I can smell it. Then I can try a tiny lick.



4

If it tastes bad, I can spit it in my napkin. That is okay too.



5

I tried something new today. Trying new foods is brave. I am proud of myself.