

# FAMILY NEWSLETTER

## POLITE FOOD TASTING

A big part of Grow It, Try It, Like It! is trying new foods. With tasting these new foods, this makes polite food tasting very important. This is something that is also great to practice at home. Polite food tasters try new foods. They say “Yes, thank you” or “No, thank you” when offered seconds. They are happy when other people enjoy the food. They are willing to try the food again in the future as well.

Children are more likely to try a taste of a new food if they don’t have to swallow something they dislike. When children taste a food they do not want to swallow, it is important we teach them to:

- Remove the food politely from their mouth with a napkin
- Show them how to discard the napkin quietly in a wastebasket

How to taste foods

Look at the food

Feel the food

Smell the food

Lick the food

Take a small bite!



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