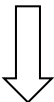


Eating Chart

Type of Food (stick a picture)	Touched the food with a knife, fork or spoon	Touched the food with my hand	Smelt the food	Touched the food to my lips/mouth	Licked the food	Bite teeth marks into food	Put it in my mouth	Ate a mouthful of the food (swallowed)
								

Restrictive eating 'have a go' chart

How to use this chart:

1. Start with a food your child would like to try
2. Draw a picture/write the name of the food in the first column
3. Gradually progress across the chart in your child's own time
4. If struggling with a food, come back to it in a few weeks, and try a different food