

THE VALUE OF EXPOSURE

- Being exposed to a food can include looking at it, talking about it, or watching parents eat it
- A child may need to be exposed to new foods several times before he/she even considers interacting with it
- The more that children are exposed to new foods, the more they can become comfortable with it



the previous step. Work through these steps to help your child become comfortable and willing to eat a food. Performing each step should be encouraged and celebrated! Below is a diagram that defines each step of the hierarchy and provides some activities that can help your child work through the step. Some activities may get messy but they can also be a lot of fun! (Toomey, 2002)

FOOD HIERARCHY

Before a child is willing to eat a new food, he/she will progress through a hierarchy that includes 5 major steps: tolerate, interact with, smell, touch, taste. Usually a child will not move on to the next step until he/she has mastered

