



Holiday Food Explorer Kit — How to Use

1. **Pick one new food.** Invite curiosity, not bites.
2. **Use the Try-It Plate:** Look/Smell → Touch → Taste (tiny taste if ready).
3. **Reinforce:** After any step, add one star to the chart. Even a sniff counts.
4. **When the chart is full:** Give the agreed-upon reward (activity, privilege, or small treat).
5. **Tips:** Keep sessions under 10 minutes; model the steps; offer water; stop at early signs of overload.
6. **Safety:** Follow allergy guidance; supervise; skip steps if sensory overwhelm appears.

Printing & Setup Tips

- Print on letter-size paper (8.5x11 inches) at 100% scale for best results.
- Use cardstock for durability or laminate for a reusable set with dry-erase markers.
- Display near mealtime or pack in a therapy binder for travel.
- The Try-It Plate and Star Chart can be printed separately or as part of the full Holiday Sensory Kit.

Holiday Food Explorer Star Chart

This chart belongs to:

Earn one star each time you explore a new food. Color, stamp, or sticker your stars as you go. When you fill up the chart earn a reward.

Goal reward:

Start Date: ___/___/___ End Date: ___/___/___

				
				
				
				
				

Food I tried:

Date: ____ / ____ / ____

Try steps:

- Looked Smelled
 Touched Tasted

Face rating (circle one):

-  "Not sure yet"
 "Okay"
 "I like it!"

Would I try it again? Yes
 Maybe Not today

Notes:

Stars I Earned: _____



Try-It Plate

Choose a new food. First look/smell it, then touch it, then try a tiny taste (if ready). No pressure.

Earn one star each time you explore a new food. Color, sticker, or stamp your stars as you go — then fill your Holiday Food Explorer Star Chart.

Look	Smell
<ul style="list-style-type: none">• Is it colorful?• What shapes do you see?• Does it look tasty?	<ul style="list-style-type: none">• Is the smell strong or gentle?• Does it remind you of anything?
Touch	Taste
<ul style="list-style-type: none">• How does it feel? (Smooth, bumpy, sticky, soft)?• Is it warm, cool, cold, or just right?	<ul style="list-style-type: none">• Is it sweet, sour, salty, or something else?• Is it chewy, soft, or crunchy?