

# Sammy exploring new foods

Since we have spoken to Sammy's mother about his eating habits, we have introduced some experiences to support him to try new foods. We believe if we continue to introduce these types of experiences it will help Sammy grow an appreciation for healthy food.

## *Exploring textures*

Jen (educator) set up a tray with a variety of different fruits, including some apples, oranges and watermelon. We also added cheese, cucumber and wholegrain bread.

The aim of the experience was to see if the children wanted to try the different foods on the tray and talk about how each of these foods tasted, felt or smelt. This experience explored the children's four senses - touch, taste, smell and sight.

Sammy joined this experience, he seemed happy to observe but he told the educator that he did not want to taste the food. Sammy observed his friend Benny as he took some bites of the food and asked "Do you like it Benny"? Benny nodded and said "Yeah its yum". Sammy decided he would try to smell the food. He picked up an orange segment and took a sniff and he said "It smells strong".



## Matching fruits and vegetables

Sammy noticed the matching game on the table and he went over and started matching the pictures together. He said to Lauren (educator) who was sitting at the table, “Did you know that apple’s grow on trees?”. This started a discussion about the way fruit and vegetables grow. Lauren then asked “Would you like to help me plant some vegetables and fruit in our garden next week?” Sammy smiled and said ‘yes’ straight away. Lauren suggested “Together we can research what types of vegetables and fruit grow best this time of year”? Sammy’s face lit up and said ‘yes’ straight away.



### Where to next

- We would like to focus on always ensuring Sammy is served a familiar food alongside new foods at mealtimes, as this can help make him feel more comfortable and less overwhelmed about trying the new foods.
  - We were hoping that Sammys mother could provide us with a list of healthy foods he already enjoys, and we can see if these can be included as a side.
  - Sammy has helped the educator Lauren research what fruit and vegetable to plant in the garden. Lauren has purchased some eggplant seeds and snow peas to plant next week.
  - We have contacted Sammy’s grandmother, and she has kindly said yes to coming into the service in a few weeks to make and cook some scones, we are all very excited.
- We will document the process and share with Sammy’s family.