

# STEPS TO EATING



1

## TOLERATING

The first step is tolerating a new food at the table, or on their plate. When it's tolerated on their plate, ask children to describe how a food LOOKS.



2

## TOUCHING

Once a food is comfortable in their space. Allow children to explore with their hands! Ask how a food FEELS on their fingers or lips.



3

## SMELLING

Bringing foods up close to your face is much easier when you're confident tolerating and touching them. Ask children if foods SMELL small or big, sweet or salty!



4

## TASTING

Some children might be more comfortable licking a food, then a nibble, before a bite! Talk about how a food TASTES, using describing words like salty, sweet, sour, familiar, or surprising!



5

## EATING

It takes lots of tries for foods to be familiar, and become a food that your child is willing to EAT regularly. Keep offering a range of foods, encouraging exploration, and modelling eating new foods yourself!



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