

## Repeated Exposure Chart

### INSTRUCTIONS

Select a “focus” food you would like to introduce to the class over a 2 to 3-week period. Write the focus food on the top of each sheet, then prepare and serve the food in several different ways. Note each preparation variation in the far-left column (or insert images of the food prepared different ways). With each taste, the child can color in the emoji that best matches their reaction to the food.

Print a handout for each child in your class (download includes 2 handouts per sheet). To reuse, consider laminating the sheets and writing on them with a white board marker. Get creative! Feel free to replace the emojis with thumbs up, medium, or thumbs down!

**Purpose:** *The single most effective strategy to get kids to eat healthy food is repeated exposure. Kids may need to try something 10-15 times before knowing if they like it or not. This will require patience. It takes time – this can happen over weeks or months and through*













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### EXAMPLE

Name: Lindsey

Food: Sweet Potato

**Try it, Taste it,  
Rate it!**

Roasted Sweet Potato Cubes			
Mashed/Baked Sweet Potato			
Sweet Potato Fries			
Sweet Potato Salad			






Read more about the Recommendations for Creating Healthy Eating Habits for Kids 2-8 at [HealthyEatingResearch.org](http://HealthyEatingResearch.org). See tips in action on Instagram @HealthyEatingResearch or #HealthyTipsHealthyKids

Name: \_\_\_\_\_

**Try it, Taste it,**

Food: \_\_\_\_\_

**Rate it!**

Name: \_\_\_\_\_

**Try it, Taste it,**

Food: \_\_\_\_\_

**Rate it!**