

# Up to 5 Novel Food Items

## *Approach #1*

- The focus of this approach includes Following Directions; Complying with a directive as the child is not allowed to leave the table until the very small bite is tasted and swallowed.
- The Reward is both a Highly Preferred Activity or Item and Escape from the table.
- Teaching is done outside of normal meals.
  1. Taste Sessions 1-5: Have a plate with 5 small amounts of preferred food items. Offer a very, very small amount of one of the food items. After the child tastes and swallows, he gets to leave the table and go near by to play a highly preferred game or sensory activity that from this point on needs to be reserved only for when he taste a food item during a Taste Session. Rotate food items and have child try each item 2-3 times, each time getting a reward for eating the one bite. (To be done outside of regular meals.)
  2. Taste Sessions 6: Have a plate with 5 novel and/or only moderately preferred or slightly non-preferred food items. Practice the above. (To be done outside of regular meals.)
  3. Probe: *During a typical meal* offer food items (from step 2) to test to see if the child is open to trying any of the newer food items without any reward.
  4. Any “accepted” food items are removed from the Taste Sessions and are to be included in regular Meals/Small Snacks. Add a new food item to the Taste Session to maintain 5 novel food items within Taste Sessions.
  5. About every 5 days offer another Probe during a meal time to see what food items can be taken off the Taste Sessions and added to regular Meals/Small Snacks.



Up to 5 Novel Food Items  
(small amount of each)