

The following exercise is courtesy of the mother of a picnic group graduate:

Preferred Food: _____

How can I...Change shape: _____

...Change color: _____

---Change flavor: _____

...Change way it is presented: _____

...Involve my child in preparing this food? _____

Name three foods that are very similar to the preferred food:

Name a food that is one step away (slightly different) from one of the 3 above foods listed:

Are there similarities between any of my child's preferred foods and sometime foods?

Are there similarities between any of my child's not today foods and sometime foods?

