

Start Date:

End Date:

# Expose, Explore, Expand!



	Foods Child Eats Consistently	Foods Child Sometimes Eats	Foods Eaten in Therapy (Parent Present)	Foods Family Eats Often
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

**Tips for each column** - **Foods Child Eats Consistently:** Include brands, shapes or rules about the food if your child is very selective. **Foods Child Sometimes Eats:** This column could also include foods your child used to eat, but stopped recently. **Foods Eaten in Therapy:** Your feeding therapist will let you know which foods to list here and will note frequency by marking an X in the column to the right of the food. **Foods Family Eats Often:** Limit this to 10 foods. It might be pizza every Friday night, a favorite vegetable, or a food that is unique to your food culture. These foods show up frequently. You'll add more foods to this list over time, as foods on the right hand side of your chart are moved column by column to the left hand side of the page, with the help of your feeding therapist. Mark an X in the box whenever you present the foods to your child. Aim for three times per week, but not at every meal. If your therapist recommends six times each week, simply draw a line across each box to create six spots to mark with an X. Learn more about The Three E's: Expose, Explore, Expand by reading *Adventures in Veggieland: Help Your Kids Learn to Love Vegetables with 100 Easy Activities and Recipes* by Melanie Potock, MA, CCC-SLP.