

**Worksheet 6.3 My incorporation strategy plans:**  
brainstorm strategies for incorporation of new foods  
that you can use to move from tastes to incorporations  
at home

## **My incorporation strategy plans:**

**1** Fade it in  
 >>> 

**2** Add some  
spice  
   

**3** Chain to a  
goal  
 

**4** switch it  
up  
 

**5** Deconstruct  
