

Worksheet 6.2 Planning daily food practices

Week beginning on date:							
Foods tasted this week in five-foods tasting session	Indicate with an 'X' which day(s) you will try each food. Note when you plan to practice (am/pm) and at meal (M) or snack (S) time. Aim to practice one to three foods per day.						
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1.							
2.							
3.							
4.							
5.							
Other:							
Other:							
Other:							
Other:							

Note: You should include in the list the foods you tasted in the five-foods tasting session as well as any other foods you want to work on during the week.