

Worksheet 6.1 The Five Steps: a weekly worksheet to complete for each food tasted during the five-food tasting session

Which food am I learning about?									
Indicate the date each time I am tasting this food.									
Step 1. What does it look like (e.g., green, round)?									
Step 2. What does it feel like (e.g., smooth, rough)?									
Step 3. What does it smell like (e.g., strong, bitter)?									
Step 4. What does it taste like (e.g., sweet, salty)?									
Step 5. What is the texture like (e.g., chewy, soft)?									
After 10+ tastes, indicate with an 'X' your plans for moving forward with this food.									
I don't want to continue learning about this food now.			I want to keep learning about this food but I'm not ready to try incorporating it yet.				I want to try to incorporate this food into my diet.		

Note: You will use this same sheet for *practice tastings* to indicate the days you practice the food and elaborate on your answers as you gain experience with the food.