



Visual Support Guide: Adventure Bite Award

What?

The Adventure Bite Award certificate is a visual support used to recognize children who try a new food. This visual support provides concrete positive feedback to a child for being flexible and tasting new or unfamiliar foods during snack or mealtimes. You can use the support in collaboration with families to encourage a child to also try new foods in the home.

Why?

- Certificates are a great way to provide intentional positive feedback to a child or children who use new skills or behaviors.
- Giving an Adventure Bite Award can help motivate and provide positive feedback for children who struggle with flexibility in their food intake.
- Use Adventure Bites Award certificates as part of a plan to support all children to try new foods and provide additional support for an individual child to participate more fully in mealtimes.

How?

- Make an Adventure Bite Award certificate.
 - Print the certificate on heavy paper.
 - Write in the child's name and the name of the person who gives the award.
- Use an Adventure Bite Award certificate.
 - Talk with families about any challenges a child may be having with foods.
 - Share information about the Adventure Bite Award.
 - Ask if the family is interested in using the award at home. If so, make a plan together on how to use the certificate and share information on the child's progress at home and in the group setting.
 - Provide intentional positive feedback, even for the smallest step. You can say, "You let the cucumber stay on your plate next to your crackers the whole lunch time," or "You licked that apple slice! You tried a new food."
 - Show the certificate to the child and describe what the certificate says.
 - Explain why the child is receiving the certificate, using language the child can understand. You can say, "You get an Adventure Bite Award because you took a bite of the chicken today, that was a new food."
 - If a child is motivated by the attention of their friends, announce the Adventure Bite Awards during a large group time such as circle or group mealtime.
 - If a child is motivated by positive attention from a specific adult, let the child show their Adventure Bite Award to that person.

- Invite the child to take the certificate home to share with family members. You can say, "Show the award to your mom and tell her you tried an apple today." Let the family know how their child earned the award. Write a note, send a text, or email message, or tell them in person. Use visuals to support a child in choosing an activity during free play.

DATE: _____

ADVENTURE BITE!

TOOK AN ADVENTURE BITE OF
_____ TODAY!

WAY TO GO!

