

Food Exposure Data Sheet

Food	1	2	3	4	5	6	7	8	9	10	11	12
(Example) Peas	x	x	x	x	√	√	√	√	√	√	√	√

Instructions

- Use this sheet to track how often each food is offered and whether it is accepted. Each time a food is offered, mark the appropriate column. If at least one bite is eaten, place a √ in the box. If no bites are eaten, place an X in the box.
- You can also use this sheet to track the size of the bites offered. For rice-sized bites, place an R in the box. For pea-sized, place a P. Use ½ for a half spoonful and an F for full spoonful.