

Eating different brands of food

They will not taste the same but they will taste similar.



I may find that I like them a lot, or just a little bit. I will let my parents know if I feel I can eat them again.



It's a good idea to do this in a safe place, doing something such as watching YouTube as then I won't get so anxious.



My parents will be very proud of me if I try different brands.



This will not last forever and I will be able to get my favourites again when the Covid virus is gone.

