A COLLYVALE STORY

Pipin and the Not-Yet Plate

You don’t have to eat it. You can get to know it.



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Pipin lived in a snug burrow at the edge of Collyvale. He liked his food the way he liked his leaf cape: soft, warm, and exactly the same as yesterday.

One morning, a leaf-letter fluttered through his door.

“PICNIC at Pebble Hollow! Bring your appetite! Love, Flit.”

Pipin’s tummy did a wobble. “What if there are… new foods?”

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The picnic blanket was full of colors. Soft orange carrot sticks. Bumpy green trees. Little red tomato pieces. And crackers, which Pipin knew and liked.

Pipin hid behind his cape. “Yuck,” he whispered. He didn’t know most of these foods at all.

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Flit floated down in a soft swirl of sparkles. “They look new, don’t they?” she said kindly. “You don’t have to eat them. You can get to know them.”

“Get to know them?” asked Pipin.

“Yes! You can say ‘not yet.’ And if you don’t like something, you can say ‘I don’t like it.’ Both are fine.”

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Flit gave Pipin a special leaf-green plate, with a big side for favorite foods and a little star corner.

“This is your Not-Yet Plate. New foods can visit in the star corner, or sit in their own little dish if you’d rather they didn’t touch.”

Pipin chose the star corner. “Do I have to eat it?”

“No,” said Flit. “It’s just visiting. And here’s a leaf napkin. If you ever want something out of your mouth again, it can go in here.”

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Flit unrolled a map. “This is the Tasting Trail. You can pick any step, skip steps, stop any time, or just look today.”

Look. The carrot was orange, like the sunset over the high paths.

Pipin’s tummy wobbled. Along floated Wilf Wind. “Smell the flower… blow the cloud.” Pipin breathed slowly, and the wobble got smaller.

Sniff. It smelled like the garden after rain.

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“Would you like to touch it?” asked Fumble. Pipin gave it a gentle poke. Soft and a little squishy. Touch. Echo gave a carrot a little kiss. “You can too, if you like.” Pipin giggled and copied. Kiss. Just the tip of his tongue. “Oh! It’s a tiny bit sweet!” Lick.

“You could try a tiny taste, if you want,” said Flit. “You can take it out into your napkin if you want.”

Pipin nibbled the very end. Tiny Taste.



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Then Pipin looked at the bumpy green tree, and sniffed it. “I don’t like the smell. Not today.”

Nobody minded one bit. “That’s a perfectly good answer,” said Flit.

Chew & Choose. Pipin chewed and thought. “It’s not yum. It’s not yuck. It’s… OK.”

“Thanks for telling us,” said Fumble. “Some foods I like. Some I’m still getting to know. Peas took me forever!”

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That night, Pipin put his Not-Yet Plate on his little table. Oatmeal on the big side. A carrot stick in the star corner.

Maybe tomorrow, a bumpy green tree would come to visit too. Or maybe not. And that would be fine.

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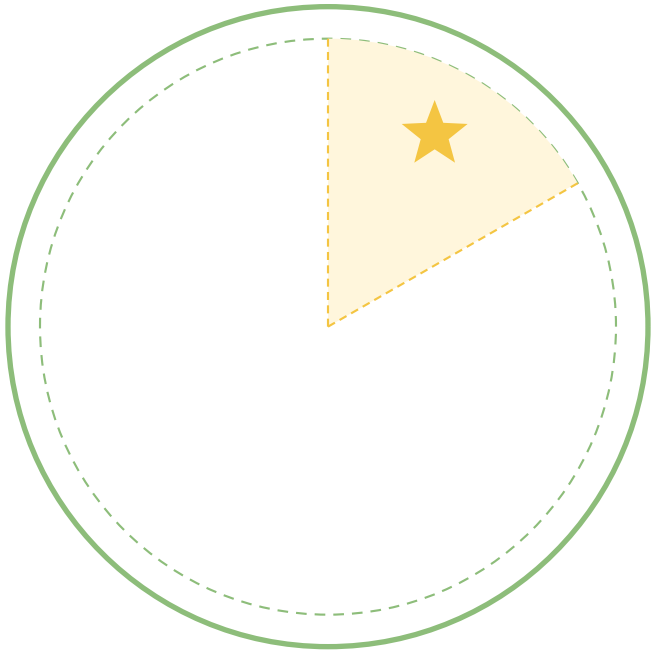
YOUR TURN

What will you explore today?



little dish

Draw a food in the star corner of your own Not-Yet Plate, or in the little exploring dish beside it.

Then color in the stepping stones you'd like to try.

1 Look

2 Sniff

3 Touch

4 Kiss

5 Lick

6 Tiny Taste

7 Chew & Choose

You can pick any step, skip steps, stop any time, or just look today.



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A note for grown-ups



New foods can take many relaxed introductions before they feel familiar. Every child is different. Looking, sniffing and touching all count.

Serve a small amount of one new food alongside foods they already like, prepared to suit their chewing skills (for younger children, cook or grate hard vegetables like carrot). Let them choose which steps to try, keep a napkin handy for taking food out, and praise exploring, not empty plates.



Free Not-Yet Plate help pack. The four-page toolkit at collyvale.com has the Tasting Trail fridge poster, a parent guide, a Food Explorer Passport, and advice on when to ask your pediatrician for help.

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Collyvale

A little place for big feelings.

Pipin likes his food exactly the same as yesterday. So when Flit invites him to a picnic full of new foods, his tummy does a wobble. With a special Not-Yet Plate and the Tasting Trail, Pipin discovers he doesn't have to eat new foods. He can get to know them, one small step at a time.







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