

# Taste'n'Tell®

making kids' food fun

## The REAL System™

The scientifically proven REAL (Reading • Eating • Learning ) System™ has three key components designed to help you and your child tackle early reading, eating and learning.

### The REAL Platform

The Platform consists of two components:

1. wipe clean base
2. the removable pod/container

The pod has a bayonet (twist and lock) mechanism on the underside to secure it onto the base. The pod lid has a double-click mechanism to allow dual-use by parent or child. The double click prevents the child from opening it too early. The single click makes the opening of the pod, under supervision, easier for a child.

### The REAL System™ Components – a series of interchangeable books

The books are designed in a lie-flat board book format. They each have eight substantial glossy card leaves. The left-hand page of each double spread has large vivid photographs of individual foods, showing images of the food:

- in whole form
- sliced on a plate
- the origins of where they come from e.g. a tree

On the right-hand side is the character e.g. Holly honeybee, interacting with the illustrated food.

There are ten books in the Discovering Food Series with themes related to role-model characters. Each of the characters represent a food group: Fruit, Vegetables, Grains, Protein and Dairy.

The books are custom designed to fit the REAL Platform. When you initially purchase a platform book, the book will be in place.





## The REAL System™ CONTD

### To remove the book:

1. First remove the pod by pushing it gently and twisting it in an anti-clockwise direction (like removing a light bulb).
2. Once the pod is removed, hold the plastic base in one hand.
3. The book can now be gently pulled with the other hand to slide out of the base.

### To place a new book refill in the Platform:

1. Hold the book in one hand and the base in the other.
2. Slide the back cover of the book into the slots.
3. Slide along gently until the right edge of the book is fully engaged in the slots on the right edge of the base.
4. Place the pod back into the round hole
5. Twist in a clockwise direction to secure.

## The Reward Chart

The reward chart is in the form of a wall poster just under A3 in size. This is supplied with the Instruction Booklet.

The chart comes with Taste 'n' Tell branded reward stickers which feature images of the characters. These can be placed on the squares of the chart, or whatever creative way the kids like!

## How to use The REAL System

### Food sampling

The REAL system is designed for food sampling and treats and is not recommended as a substitute for main meals.

### Pre-fill the pod

Pre-fill the pod with food you would like your child to sample, making sure they don't see what you have placed inside.

This will create the surprise element to your sampling and increase the fun and anticipation as your child helps to open the pod.

Early starters find the experience especially exciting, as the pod appears to fill up 'as if by magic.'

### Portion Size

Ensure the food samples are appropriate in choice, size, shape and quantity, depending on the developmental stage of the child.

# Taste'n'Tell®

making kids' food fun

## The REAL System™ CONTD

### Using the double-click lid

The pod lid is designed with a one or two click option, allowing an adult to close the lid tightly by pushing down to engage the second click. This will effectively keep the pod closed to a young child.

The double click option is useful when you wish to open the lid at a specific page, preventing the child from opening it too early.

The pod can also be closed with a double click when travelling. The single click, which makes the opening of the pod easier for your child, can be used at your own discretion.

Interact with Your Child

Together you can enjoy discovering the adventures of the characters, along with the beautiful photographs, illustrations and rhymes.

## For further information

T: 07787 289 499

E: [info@tastentell.co.uk](mailto:info@tastentell.co.uk)

[www.tastentell.co.uk](http://www.tastentell.co.uk)

