

Growing Great Tasters

Encourage children to try just “one bite”.

The chance to taste a food many times helps young children and adults to grow into adventurous eaters. Trying new foods can lead to better health and nutrition.

TAKE A TRIP TO THE FARMER’S MARKET OR COMMUNITY GARDEN.

- Talk to farmers about the food.
- Choose a new fruit and/or vegetable to try at home.
- Wash and prepare new foods together.
- Together try at least “one bite”.



FAMILY ACTIVITY

Children learn through role modeling. As a family try one new fruit or vegetable everyday for a week. Use the chart below to record each new food you try. Add a star to show everyone tried it. Add more stars if everyone liked it.

| I TRIED IT! | |
|-------------|------------|
| MY NEW FOOD | TASTING ★★ |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Adapted from Team Nutrition