

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