

HAVE FUN TRYING



LOOK + FIND

Can you find these three things? Towel, pot, blueberries



WHAT DOES IT MEAN TO TRY?

Curious about a new fruit or veggie, but feeling a little shy? Start with looking at it and smelling it for your first try. It might look like a tree or smell super sweet, And who knows, it might even taste like a delicious treat. Just start to explore and let your senses take flight, As they help you get ready to take your first bite!

WHICH OF THESE BUMPY FRUITS AND VEGGIES HAVE YOU TRIED?



RASPBERRY



CABBAGE



CORN



EDAMAME



CAULIFLOWER

TEXTURE TESTER

Sometimes when we taste a fruit or veggie, it isn't just the taste, but how it feels in our mouth that determines whether or not we like it. That's what "texture" means. Draw a line from the fruit or veggie to its matching texture.

JUICY

LEAFY

CRUNCHY

STRINGY

CHEWY

DRIED MANGO

JICAMA

WATERMELON

SPINACH

CELERY



LET'S EXPERIMENT: USE YOUR SENSE-O-METER

Write down two fruits or veggies you've been curious about and put them through your sense-o-meter. Then circle thumbs up or down for each of the senses.

Which fruits or veggies do you want to put through your sense-o-meter?

1. _____

LOOK



SMELL



TOUCH



TASTE



2. _____

LOOK



SMELL



TOUCH



TASTE



TASTY FACT

Our sense of taste and texture changes with time. So it's always good to keep trying. Is there a fruit or veggie that you didn't like before, but now you do?

