

Try a new food!

Sometimes it takes more than one try to like a new food. Come up with several healthy foods you have never tried before. Be sure to check the box each time you have tried the new foods. Over the next several weeks I will try...

Number of times I tried the food (ck the boxes) ->

NEW FOODS I WILL TRY:

1 _____ Tried it

2 _____ Tried it

3 _____ Tried it

4 _____ Tried it

5 _____ Tried it

6 _____ Tried it

7 _____ Tried it

8 _____ Tried it

	1	2	3	4	5	6	7	8	9	10
1 _____ Tried it										
2 _____ Tried it										
3 _____ Tried it										
4 _____ Tried it										
5 _____ Tried it										
6 _____ Tried it										
7 _____ Tried it										
8 _____ Tried it										

