

# I TRIED A NEW FOOD!

Every time you taste a new food, draw a picture of it in a box and get a sticker! See how many stickers you can get!

Parents—write in the date in the box to track your child's progress trying new foods.

FRUITS	Date:	Date:	Date:
VEGGIES	Date:	Date:	Date:
GRAINS	Date:	Date:	Date:
PROTEIN	Date:	Date:	Date:
DAIRY	Date:	Date:	Date: