

Taste test

This week try a new fruit or vegetable and do a taste test as a family. For younger kids, this can be a thumbs up or thumbs down, for older kids use the star rating below.



- 1 star = hate It
- 2 stars = don't like
- 3 stars = it's okay
- 4 stars = like it
- 5 stars = love it!!



food	rating

What did you like about this activity? Can you think of any fruits or vegetables you would like to try in the future?
