

Nibble on New Foods

Delicious foods are everywhere! If you're ready to try new foods, Mindful Kids can get you started. First, pick out a new food you'd like to try from this list. Second, head to the grocery store or market with your family to buy the food you're willing to try. Third, help your family prepare the new food by washing, slicing or cooking it. Then you're ready to take a nibble! Notice its taste, its crunchiness or softness and its smell. Keep track of what you sampled on the "I Tried It" chart and soon you'll be eating lots of new and yummy foods!



Fruits

BLUEBERRIES

Slightly sweet with a squirt of juiciness



CANTALOUPE

Sweet, juicy and heavy

CLEMENTINE

Juicy and very sweet like an orange



HONEYDEW

Sweetest of all melons when it's really ripe

KIWI

Tart and sweet with tiny black seeds you can eat



MANGO

A little like pineapple, orange and peach combined

PLUM

Sweet inside with a tangy, chewy skin



RASPBERRIES

Sweet and sour and they melt in your mouth

Veggies

BEETS

Chewy and rich and a little like a carrot when cooked

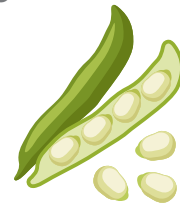


CAULIFLOWER

Nutty with a taste like white rice

EDAMAME

Between peas and lima beans and corn



MUSHROOM

Airy if they're fresh and chewy if they're cooked

RADISH

Crisp, fresh and snappy

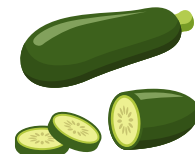


SPINACH

Leafy and light when fresh and dense and chewy when cooked

ZUCCHINI

Like a cucumber but a little softer to chew





I Tried It!

[and Here's What I Thought]



Foods I Tried	I Loved It	I Liked It	I'm Not Sure	I Need to Try It Again	No Thanks!	Describe It