Don't yuck my yum!

Step 1: Everyone choose a color crayon.
Step 2: Draw a heart around your favorite fruits & veggies.
Step 3: Look & see who likes what!

cauliflower  blueberries  celery
sweet potato  cucumber  pineapple
broccoli  greens  pepper

everyone likes different things! instead of saying “that’s yucky”, try having your kids say “maybe I’ll like it next time”. trying new things takes a little practice, just like learning to read!