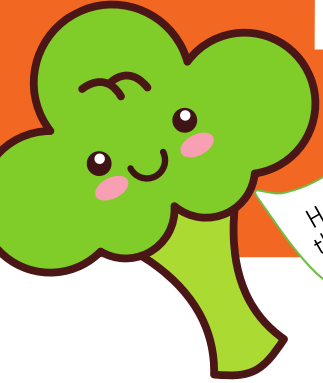


# This week, I tried..

FOOD RATER



How did you like  
the food that you  
tasted? Circle a  
face!

**Name:**



I liked it!



It was OK.



I didn't like  
it this time.



**GROWN-UPS:**

Did you know it can take  
up to 20 times for a child to  
develop taste for a new food?  
Try offering tiny bites or with  
different seasonings if you  
feel discouraged!



**Draw the food you tried this week**