Tasting Chart

Have a grown-up write in the foods you tasted this month. Write in your name, and put a sticker Underneath for every food You tried Good job!

This month,

I life in						
we tasted	Name:	Name:	Name:	Name:	Name:	Name:
	_	+	_	_		
		-	-	-	-	-
	_	+	_	_		
		-	-	-	-	
		+		-		
		-	-	-	-	

GROWN-UPS:

It's about balance! It's important for everyone in the family to eat fruits, vegetables, proteins, grains, and dairy, each and every day!



P_{SS}t! Draw your f_{amily's favorite} food of the month in this box.

COOKING **MATTERS**[®]