I am a nutrition super star

Trying New Foods!

I tried:

Try this:

Use **new words** as you explore new foods together. **Ask:** How does this food:

- **Look?** Green, orange, purple, round, skinny, oval, tiny, huge
- **Feel?** Fuzzy, smooth, bumpy, prickly, soft, hard, hot, icy
- **Sound?** Crunch, crackle, splash, pop, snap
- **Taste?** Sweet, salty, bitter, spicy, bland, sour