

# A Variety Of Ways To Eat Well!

Lift-Off! loves to try new foods, and he's sure you will love it too! There are so many great foods out there, and if you haven't tried other things you may be missing out on your next favorite food!



1. Write down a list of some interesting foods you've never tried before. Include three fruits and three vegetables. (See bottom of sheet for some ideas.)

1. \_\_\_\_\_ (Fruit)
2. \_\_\_\_\_ (Fruit)
3. \_\_\_\_\_ (Fruit)
4. \_\_\_\_\_ (Vegetable)
5. \_\_\_\_\_ (Vegetable)
6. \_\_\_\_\_ (Vegetable)

2. Now that you've picked some new foods to try, ask a parent or guardian to pick up some of these the next time they go to the grocery store.

3. Ask for permission to go online and look up recipes for the new fruits and vegetables you picked. In addition to eating them raw, you may find some other fun ways to prepare these fruits and vegetables! Ask for permission to print out the recipes you find!

4. Now here comes the really fun part! Try those new fruits and vegetables and see if you like them! Write down what you think of each of these new fruits and vegetables. Are there any you really like? Are there any you dislike?

5. If you didn't like some of the new fruits and vegetables you tried, don't let that stop you from trying more things! Even if you liked all six items you picked out, write down two more of each that you would like to try.

1. \_\_\_\_\_ (Fruit)
2. \_\_\_\_\_ (Fruit)
3. \_\_\_\_\_ (Vegetable)
4. \_\_\_\_\_ (Vegetable)

6. Now that you've tried even more varieties of fruits and vegetables, write about it here!

---

---

---

---

---

---

Need some help finding new fruits and vegetables to try? Here's a list of tasty new items!

## FRUITS

- Cherimoya
- Passion Fruit
- Fig
- Kumquat
- Kiwi
- Mango
- Star Fruit
- Persimmon

## VEGETABLES

- Artichoke Hearts
- Baby Corn
- Bok Choy
- Cauliflower
- Collard Greens
- Squash
- Turnips
- Wax Beans



For more ideas, ask for permission to go online. Search for "exotic fruits" and "exotic vegetables" and see what you find!