

# ★ I AM A NUTRITION SUPER STAR ★

## Trying New Foods!



### 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