

What is a Food Adventurer?

A Food Adventurer tastes new foods. These include vegetables and fruits that are part of a healthy diet.

We are going to try foods using four of our five senses:



◀ **Our Eyes**
(sense of sight)



Our Nose ▶
(sense of smell)



◀ **Our Hands**
(sense of touch)



Our Mouths ▶
(sense of taste)