My Food Adventurer
Mission Log

Food Adventurer Name

Classroom and Grade
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**)

What is a Food Adventurer?
I tried a new food!

<table>
<thead>
<tr>
<th>The food I tried was:</th>
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<tbody>
<tr>
<td>Feels like:</td>
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<tr>
<td>Looks like:</td>
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<tr>
<td>Smells like:</td>
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Food Adventurer Adjectives Worksheet

Growing Healthy Kids
I tried a new food!

The food I tried was:

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Growing Healthy Kids

Food Adventurer Adjectives Worksheet

4
I tried a new food!

The food I tried was:

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Growing Healthy Kids

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<td>The food I tried was:</td>
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</table>
Mission 1:

X: Try a new fruit or vegetable

1. Since the last lesson, did you try a new fruit or vegetable?
   - Yes, I tasted a new fruit or vegetable
   - Yes, I tried it with my other senses
   - No

2. What did you try? ________________________________________________________________

3. Where did you try it?
   - Home
   - School cafeteria
   - Somewhere else: ______________________________________________________________

Draw a picture of the fruit or vegetable here:
   - I tried
   - I would like to try
X: Try a root vegetable

1. Since the last lesson, did you try a root vegetable?
   - Yes, I tasted a root vegetable
   - Yes, I tried it with my other senses
   - No

2. What did you try? ________________________________________________________

3. Where did you try it?
   - Home
   - School cafeteria
   - Somewhere else: _________________________________

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Draw a picture of the root vegetable here:

- I tried
- I would like to try
X: Drink water when you are thirsty

1. Since the last lesson, did you drink water when you were thirsty?
   - Yes
   - No

2. If you tried any water flavored with fruits and vegetables, what did you try?
   ____________________________________________________________

3. Where did you drink water?
   - Home
   - School cafeteria
   - Somewhere else: ________________________________

Draw a picture of yourself drinking water when you are thirsty.
Mission 4: Leaves and Fun in the Sun

1. Since the last lesson, did you taste a stem vegetable or try it with one of your other senses?
   - Yes, I tasted a new stem vegetable
   - Yes, I tried it with my other senses
   - No

2. What did you try? _______________________________________________________

3. Where did you try it?
   - Home
   - School cafeteria
   - Somewhere else: _______________________________________________________

Draw a picture of the stem vegetable here:
   - I tried
   - I would like to try
Mission 5:

X: Try a leafy green vegetable

1. Since the last lesson, did you taste a leafy green vegetable or try it with one of your other senses?
   - Yes, I tasted a leafy green vegetable
   - Yes, I tried it with my other senses
   - No

2. What did you try? __________________________________________________________

3. Where did you try it?
   - Home
   - School cafeteria
   - Somewhere else: __________________________________________________________

Draw a picture of the leafy green vegetable here:
   - I tried
   - I would like to try
Mission 6: Try a new fruit

1. Since the last lesson, did you taste a new fruit or try it with one of your other senses?
   - ○ Yes, I tasted a new fruit
   - ○ Yes, I tried it with my other senses
   - ○ No

2. What did you try? _____________________________________________________________

3. Where did you try it?
   - ○ Home
   - ○ School cafeteria
   - ○ Somewhere else: ________________________________

Draw a picture of the new fruit here:
   - ○ I tried
   - ○ I would like to try
Mission 7:

X: Show how you will continue to be a Food Adventurer

Congratulations Food Adventurer!
You now have the tools you need to create your own food adventures!

Draw a picture that shows how you will continue to be a Food Adventurer at home or at school:
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