



Ways to be a Food Hero Food Adventurer



There are lots of ways to be a **Food Hero** food adventurer! One way is to try new foods, whether that be by tasting or using another sense to explore it. This means, a student can earn an **“I Tried”** star on the **Food Hero Adventurer Star Chart** by using one or more of their five senses to explore the food item being offered.

Ways to Try Food

Give students helpful prompts to encourage exploration and reflection!



With your eyes

Describe what it looks like...
What color is it?
What shape is it?
Have you seen it before?



With your nose

Describe how it smells...
Does it remind you of anything?
Does it have a strong scent?
Does it smell delicious?



With your ears

Describe how it sounds...
Does it crunch when you bite into it?
What does it sound like when you chew it?
Does it make a sound when you touch it?



With your mouth

Is it sweet, sour or something else?
Is it creamy, chewy or crunchy?
Do you like how it tastes?



With your hands

Is it soft and smooth?
Is it firm and bumpy?
Is it warm or cold?



Exploring food using the five senses can be so much fun! It's more engaging than simply focusing on what something tastes like, and provides students with options for **how** they can try it. Still, a student may decide not to explore the food at all, and that's okay. Tasting and exploring new foods should always be optional. If a student opts out, stay positive and gently encourage them to participate in the next tasting experience.



Looking for tasty recipes, activities, and other resources to promote healthy eating? Scan to visit FoodHero.org