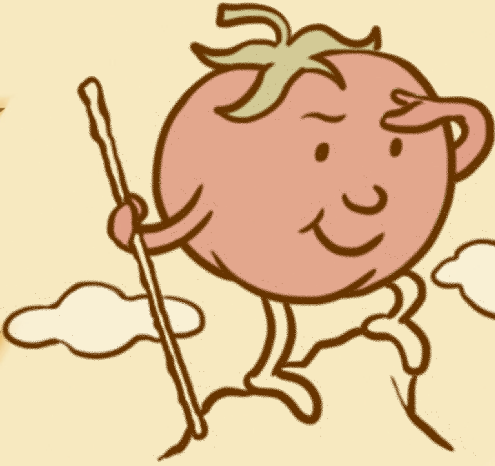


Food Adventurer Name \_\_\_\_\_

Classroom and Grade \_\_\_\_\_

# My Food Adventurer Mission Log





# 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)



# Growing Healthy Kids

## Food Adventurer Adjectives Worksheet

I tried a new food!

The food I tried was:	Looks like:	Feels like:	Smells like:	Tastes like:



# Growing Healthy Kids

## Food Adventurer Adjectives Worksheet

I tried a new food!

The food I tried was:	Looks like:	Feels like:	Smells like:	Tastes like:



# Growing Healthy Kids Food Adventurer Adjectives Worksheet

I tried a new food!

The food I tried was:	Looks like:	Feels like:	Smells like:	Tastes like:



# Growing Healthy Kids

## Food Adventurer Adjectives Worksheet

I tried a new food!

The food I tried was:	Looks like:	Feels like:	Smells like:	Tastes like:









**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



Lesson 2

**Root, Root  
Hurray!**



## Mission 2:

# 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: \_\_\_\_\_

**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.**



Lesson 4

**Stand Strong  
with  
Stems**



**Mission 4:**



## X: Try a stem vegetable

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





Lesson 5

**Leaves and  
Fun in  
the Sun**



**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:



## X: 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



Lesson 7

Healthy Harvest Celebration



**Mission 7:**



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

**CONGRATULATIONS**

**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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