

Taste Passports



Nutrition Lesson(s) Supported:

- Balanced Plate
- Food for Fuel

Supplies Needed:

- Mini notepads for each child (passports)
- Stickers
- Pens or pencils

Length of Time to Complete:

10 minutes

Audience (grades): K-3

Background:

Children have sensitive taste buds, and their food preferences seem to evolve daily! It is important to continue to expose children to new foods and support their efforts in trying new foods. Rather than forcing a child to eat a certain food, encourage them to be food 'food explorers'. A food passport will enable a child to keep record of all the adventurous foods they have tried.

Process:

Have each child decorate a mini notepad. Each page in the book has a food written at the top of the page; children earn stickers for trying each new food. All they have to do is take one bite (they don't have to clean the plate). Remind children that trying new foods is exciting! They also can write down if they liked the food (thumbs up or down), or how the food tasted.

