

HealthPartners powerup

HAVE FUN TRYING

Curious about a new fruit or veggie, but feeling a little shy? Start with looking at it and smelling it for your first try. It might look like a tree or smell super sweet, And who knows, it might even taste like a delicious treat. Just start to explore and let your senses take flight, As they help you get ready to take your first bite!

#### WHICH OF THESE BUMPY FRUITS AND VEGGIES HAVE YOU TRIED?



RASPRERR

## LOOK + FIND

Can you find these three things? Towel, pot, blueberries

AULILOWE

#### **TEXTURE TESTER**

Sometimes when we taste a fruit or veggie, it isn't just the taste, but how it feels in our mouth that determines whether or not we like it. That's what "texture" means. Draw a line from the fruit or veggie to its matching texture.

JUCX

DRIED MANGO

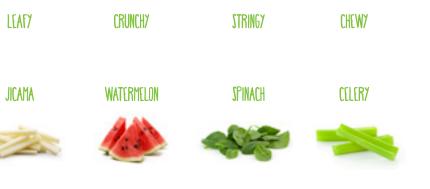
### LET'S EXPERIMENT: USE YOUR SENSE-O-METER

Write down two fruits or veggies you've been curious about and put them through your sense-o-meter. Then circle thumbs up or down for each of the senses.

1		
	LOOK 🧿	SMELI
	69	6
2		
2		
	LOOK 🧿	SMELL
	69	6

# TASTY FACT

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#### Which fruits or veggies do you want to put through your sense-o-meter?

