

Tasting Chart

MONTH _____



Have a grown-up write in the foods you tasted this month. Write in your name, and put a sticker underneath for every food you tried. Good job!

This month,
we tasted

	Name:	Name:	Name:	Name:	Name:	Name:

GROWN-UPS:
It's about balance! It's important for everyone in the family to eat fruits, vegetables, proteins, grains, and dairy, each and every day!



Psst! Draw your family's favorite food of the month in this box.