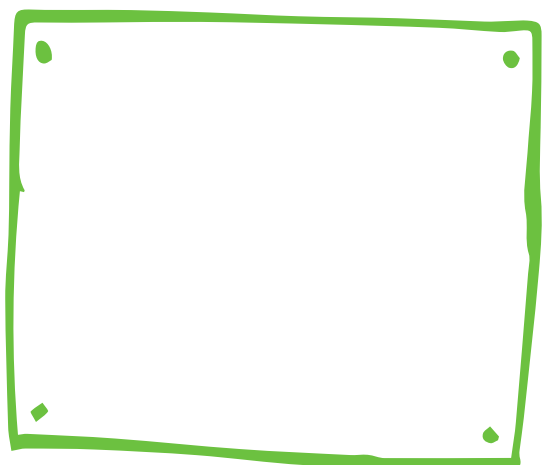
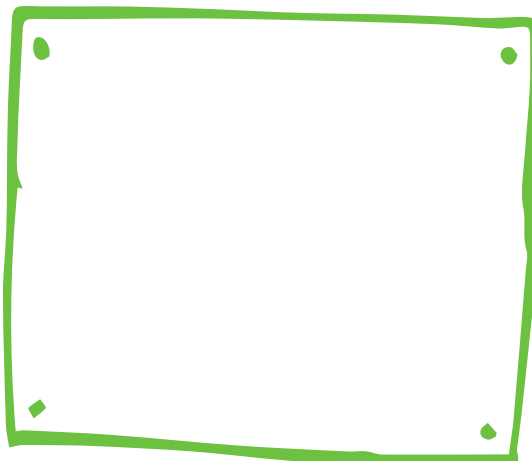
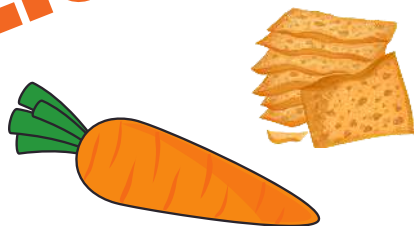


In the boxes below,
draw something you
tasted this week that
was...

What does it feel like?

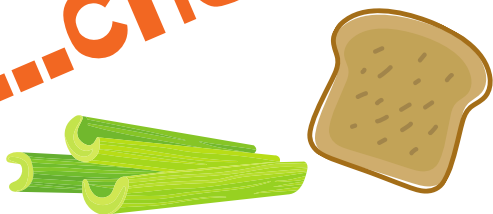
...crunchy!



...Soft!



...chewy!



GROWN-UPS:

Let your kids explore their food! Talking about textures, tastes, and how a food feels in their mouth or in their hands will help to make the food feel familiar.

New foods can be scary at first, and it can be helpful when kids have something to compare it to:

"Cucumbers are crunchy, just like carrots!"

Visit facebook.com/cookingmatters.national for more tips!