

## Rate New Fruits and Vegetables

One goal of the LIFE for Kids program is to introduce you to many new foods, especially fruits and vegetables. Below we would like you to keep track of the new foods you have tasted and whether or not you liked them. Studies show it may take 10 to 15 tries before learning to like a new food. On a scale of 1-5, rate how well you liked the food.

1 = Don't like at all


2 = Not my favorite, but could be worse

3 = Tastes pretty good, but I like others better

4 = Tasty, I would like to eat again

5 = Really good!

Food	Rating 1-5
	Try #1 _____ Try #4 _____ Try #2 _____ Try #5 _____ Try #3 _____ Try #6 _____
	Try #1 _____ Try #4 _____ Try #2 _____ Try #5 _____ Try #3 _____ Try #6 _____
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 <b>St. Vincent LIFE for Kids!</b> <b>Food</b>	<b>Rating 1-5</b>
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