



Award Certificate for Healthy Eating

Its ok that your foods will touch, they are trying to meet one another and such...

They once all sat alone on the plate, waiting to see if they got ate.

This is how mac and cheese, meatballs and spaghetti, peanut butter and jelly, all met...

Accidently touching each other... and nobody seemed to get upset.

Trying healthy things is easy to do... dip them in honey or yoghurt
and enjoy something new.

Today I tried something new, it was:

Write the name of the food below

Place a check in the appropriate box.

CHALLENGE YOURSELF AGAIN

If you did not like the new food you ate,
keep trying it prepared in different ways
to see if you can reach I liked it.

- ☐ I liked it
- ☐ It was ok
- ☐ I did not like it at all

