

THE FOOD FOREST ADVENTURE

Growing confidence with food, one leaf at a time.

FINISH
Well done, champion!

1 PROTEIN PEAK

Builds strong bodies!

2 FRUIT & VEG VALLEY

Full of colour and goodness!

3 GRAIN GROVE

Gives us energy to play and grow!

Protein examples:

- cheese
- eggs
- chicken
- fish
- yoghurt
- tofu
- beans
- nuts

Fruit & Veg examples:

- apple
- banana
- carrot
- broccoli
- strawberry
- peas
- cucumber
- capsicum

Grain examples:

- bread
- rice
- pasta
- oats
- crackers
- wraps
- cereal
- quinoa

START
Let's begin our adventure!

FOOD FOREST CHAMPION!

30 FOODS COLLECTED

10 Protein

10 Fruit & Veg

10 Grain

WAY TO GO! ♥
You did it! You explored,
tried new things and helped
your food forest grow!

PARENT JOBS

- Offer a variety of healthy foods
- Stay neutral and positive
- Trust your child to decide how much
- Every step helps your child grow in confidence

10 FOODS

SEEDLING EXPLORER

Great start!
Keep exploring!

20 FOODS

FOREST ADVENTURER

You're doing amazing!
Keep going!

30 FOODS

FOOD FOREST CHAMPION

You're a champion!
Well done!

CHILD JOBS

- Try new foods
- Be brave and curious
- Listen to your body
- Celebrate every win



Scan for more
resources and support!