



HEALTHY KIDS CORNER

Taste Test!

Next time you are at the farmers market or grocery store, pick 2 new fruits or vegetables to try at home.
Tip: If you're unsure that you and your family will like it, only buy one or a small amount.

When you get home, wash your hands, rinse your fruits and vegetables, and cut a small piece to taste test.
Describe the foods in your taste test below—be as descriptive as you can!



Smell



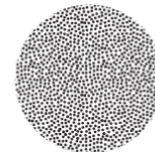
Sight



Touch



Taste



Texture

Food 1:

Food 2:

CHALLENGE: Share with us! Find WSU King County Food \$ense on Facebook and send us a message with your taste test results!

FARMERS MARKET NUTRITION EDUCATION FROM WSU KING COUNTY EXTENSION SNAP-ED