

Name: \_\_\_\_\_

## Fruits and Vegetables Challenge

### Fruits

Write or draw two new fruits you would like to try this week.

### Vegetables

Write or draw two new vegetables you would like to try this week.

How will you eat this fruit?  
Check when you plan to eat your new fruit choice:

- Breakfast
- Snack
- Lunch
- Dinner
- Dessert

How will you try these fruits?  
Circle how you plan to eat your new fruit choice:

- Ask your parents to buy them
- Eat them from the school lunch menu
- Eat them from a restaurant menu

How will you eat this vegetable?  
Check when you plan to eat your new vegetable choice:

- Breakfast
- Snack
- Lunch
- Dinner
- Dessert

How will you try these vegetables?  
Circle how you plan to eat your new fruit choice:

- Ask your parents to buy them
- Eat them from the school lunch menu
- Eat them from a restaurant menu