

Food Dudes Tasting Challenge

The Food Dudes want to set you a challenge to keep up your good work over the summer. Will you give it a go?

Guidelines:

1. Pick 2-3 vegetables and 2-3 fruits that you have never tried before, they can be fresh, frozen or tinned.
2. Make a plan. Remember: to train your taste buds to like a new food you should taste the food at least 3-4 times.
 - ✓ How many new fruits and vegetables are you going to try? 2 or 3 twice a week perhaps?
 - ✓ How are you going to have them (raw, cooked, sliced, grated, with yoghurt etc.)?
 - ✓ How many different ways will you try with each F&V (e.g. Week 1: raw sliced apple Week 2: grated apple in porridge Week 3: stewed apple with yoghurt)
 - ✓ How long will you give yourself to try new tastes (over 3 weeks, a month etc., why not keep it going all summer)
3. When you have your plan made, get an adult to help you prepare them how you like.
4. You can store your prepared fruit & vegetables in the fridge until you are ready to give it a try.

* Fruit may need to be sprinkled in fresh orange juice or lemon to keep it from turning brown.

Tip: If you didn't like the fruit or vegetable the first time, try it in a different shape or texture, or with something else. For example try bananas on bread, berries with yoghurt.

Share your efforts
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#FoodDudesFun





Fun at Home

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DAY	Fruit/Veg	Style (sliced/grated etc.)	Scale of 1-5 how much you like the Fruit/Veg. (5 being the most like)