



# Food Exploration Calendar



## ★ I can ★



1 Look at it



2 Put it on my Plate



3 Touch it



4 Smell it



5 Kiss it



6 Taste it



7 Take a Small Bite



8 Try it again



| MONDAY         | TUESDAY        | WEDNESDAY      | THURSDAY       | FRIDAY         | SATURDAY       | SUNDAY         |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Today I tried: | Today I tried: | Today I tried: | Today I tried: | Today I tried: | Today I tried: | Today I tried: |
| Today I tried: | Today I tried: | Today I tried: | Today I tried: | Today I tried: | Today I tried: | Today I tried: |
| Today I tried: | Today I tried: | Today I tried: | Today I tried: | Today I tried: | Today I tried: | Today I tried: |
| Today I tried: | Today I tried: | Today I tried: | Today I tried: | Today I tried: | Today I tried: | Today I tried: |



Next I want to try:



My Favorite New Food This Month Was:



I am Proud that I:



You are brave. You are growing. You are amazing!