



# 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



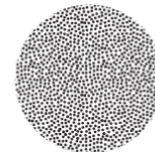
Sight



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**