

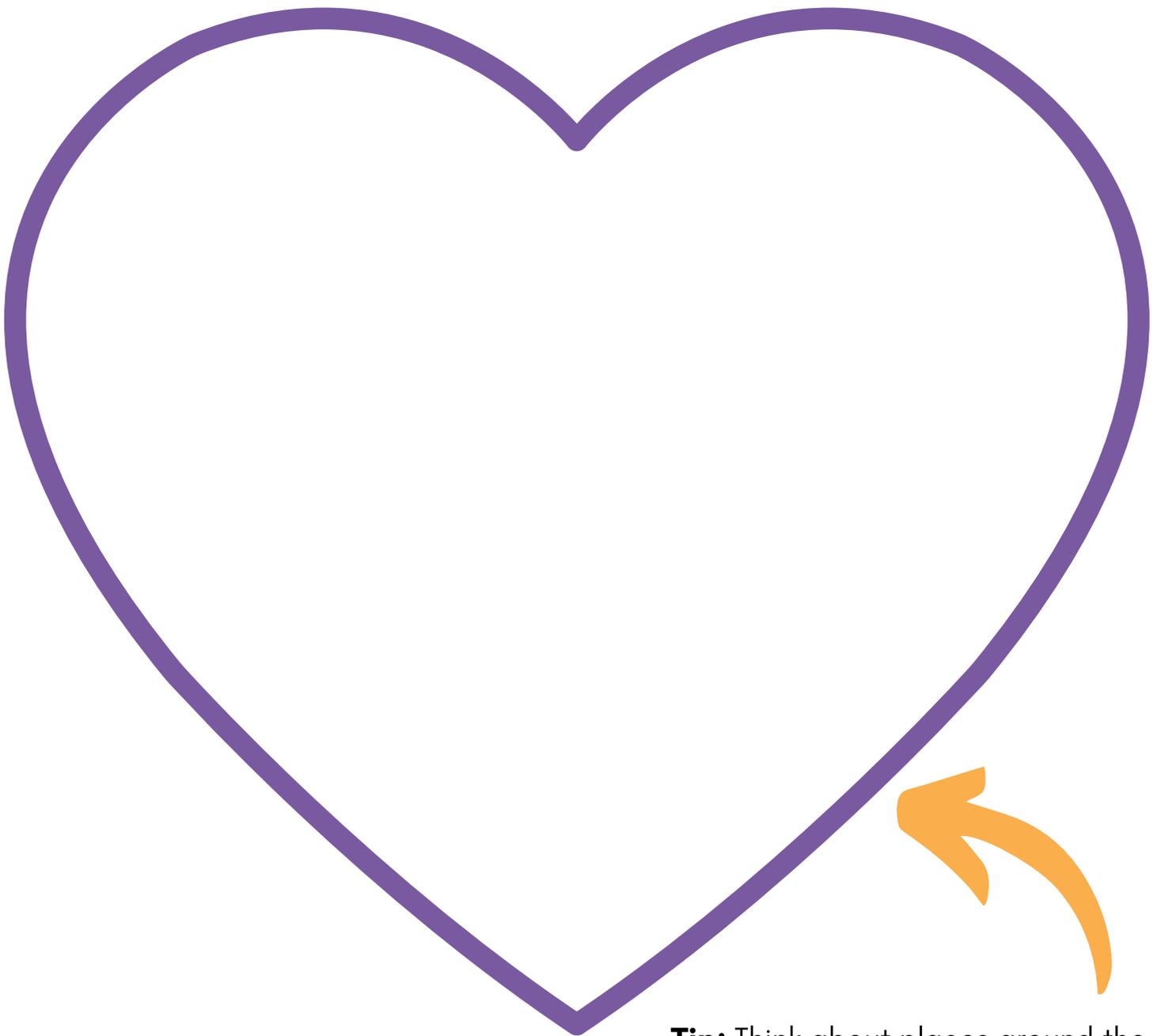


TasteWiseKids

Create a map of foods you and your family want to try. Place the map somewhere in your kitchen and use it to guide you in trying new meals together. After you try each new food, color over that spot of your map. When you're finished, you will have a new piece of art to display!

LET'S MAKE A

MAP



Tip: Think about places around the world you'd like to visit. What foods could you try there?



TasteWiseKids

You can make a cookbook using recipes from your family. Start by making a list of family members and loved ones you'd like to include in the cookbook. Use the interview questions below to learn their food story and get a recipe from them to include.



INTERVIEW YOUR FAMILY

Name: _____

Date: _____

Interviewed By: _____

What 3 words would you use to describe our family's food story?

What are your 3 favorite foods?

Do you have a food memory that you want to share?

Is there a food that you have always wanted to try?





TasteWiseKids

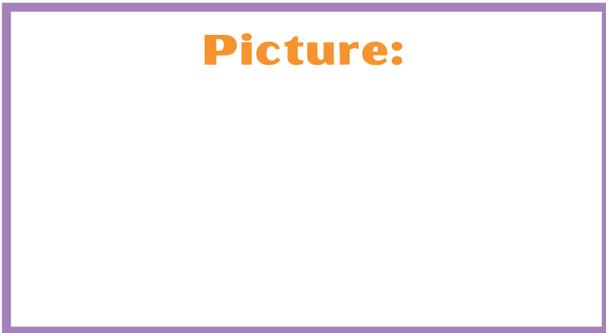
WRITE YOUR COOKBOOK

Now that you have lots of great stories and recipes from people you love, you can put them together in a cookbook! You can type them on the computer, write them in a journal or use the template below.

Recipe: _____

From: _____

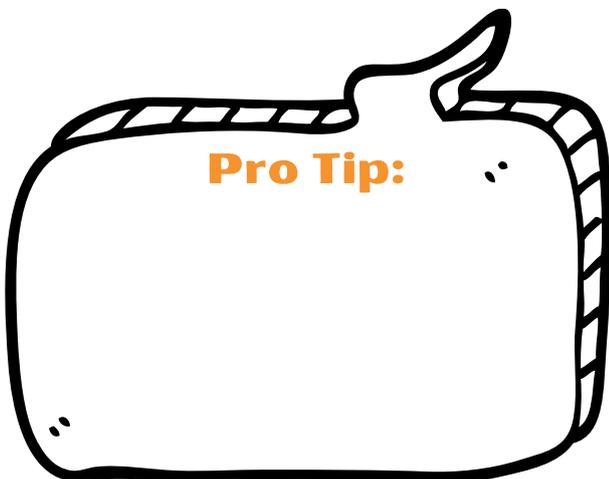
Picture:



Ingredients:

Directions:

Pro Tip:



Food Memory:

