

Way to Go! Weigh to Grow!

♥ HEALTHY START FAMILY ACTIVITY ♥

Go Food, New Food (Know your GO Foods)

Children should be learning about trying new foods. Children do not always like the taste of a new food the first time they try it, but will learn to like the taste of a food if they try it a few times.

Each week, pick a new GO food for your child to taste. Have the child taste the food three times over the course of the week. Have them put an x on the face that shows how they feel about the food, each time they taste it.

Let them know that you are proud that they are trying new foods, even if it turns out that they do not like the taste.

WEEK 1



WEEK 2



WEEK 3

