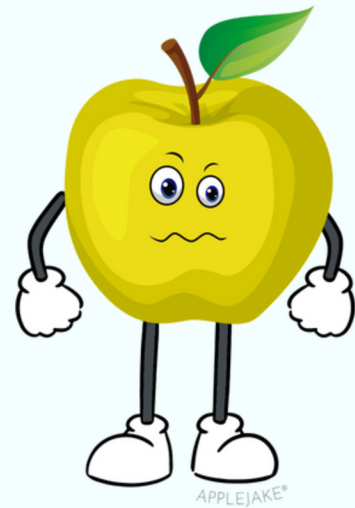


# FOOD JOURNAL



DISCOVERING NEW FOODS



# PRÉPARE FOR THE CHALLENGE

**Objective:** To understand why we might feel disgusted by certain foods and to explore how our perceptions can change with experience.

## INSTRUCTIONS FOR PARENTS AND KIDS:

### Prepare for the Challenge

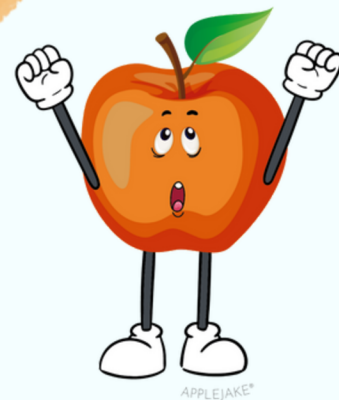
- Select 3-5 “unusual” or unfamiliar foods (e.g., a sour fruit, a vegetable with an odd texture, or an exotic snack).
- Ensure all options are safe and edible.

### Explore with Your Senses

- Observe each food: its color, shape, and smell.
- Predict how it will taste. Use prompts like: “Do you think it will be sweet, sour, or bitter?”

### The Taste Test

- Take a tiny bite of each food. Write down or draw your immediate reaction:
- Did you like it? Why or why not?

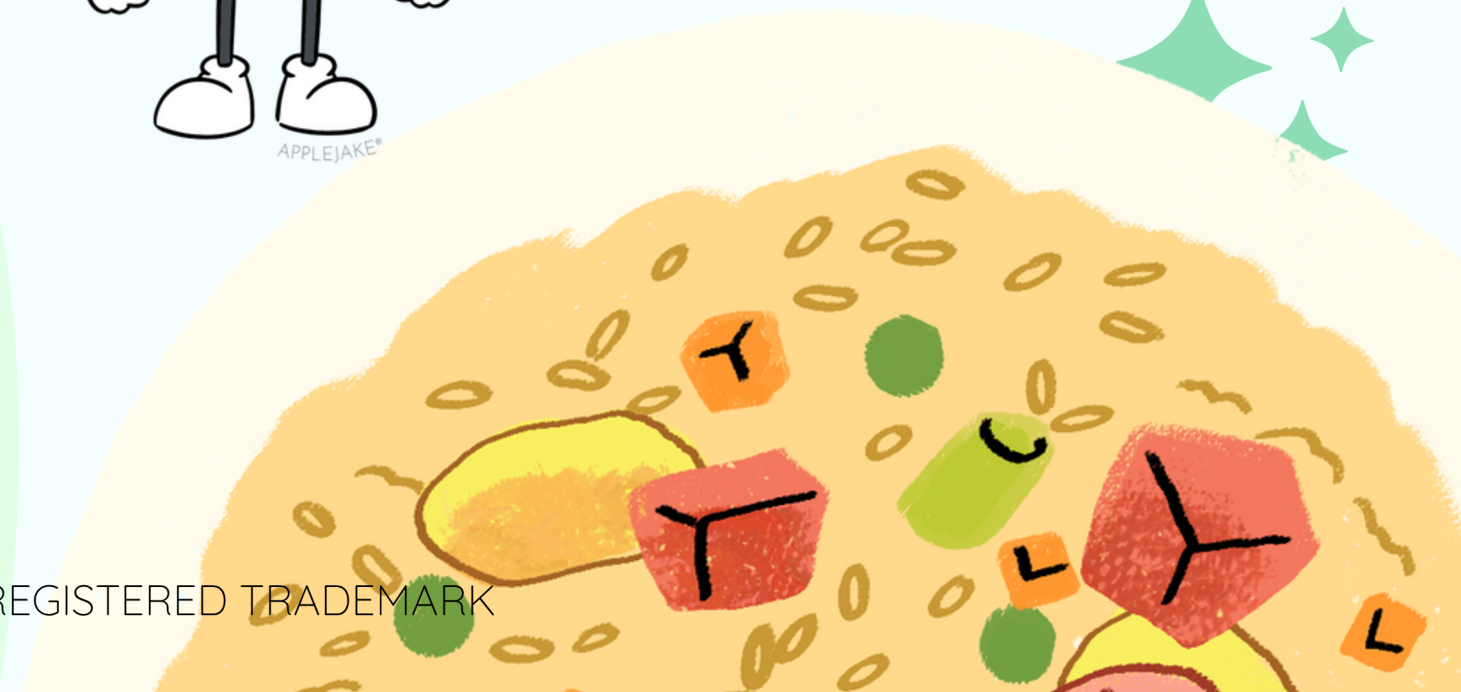
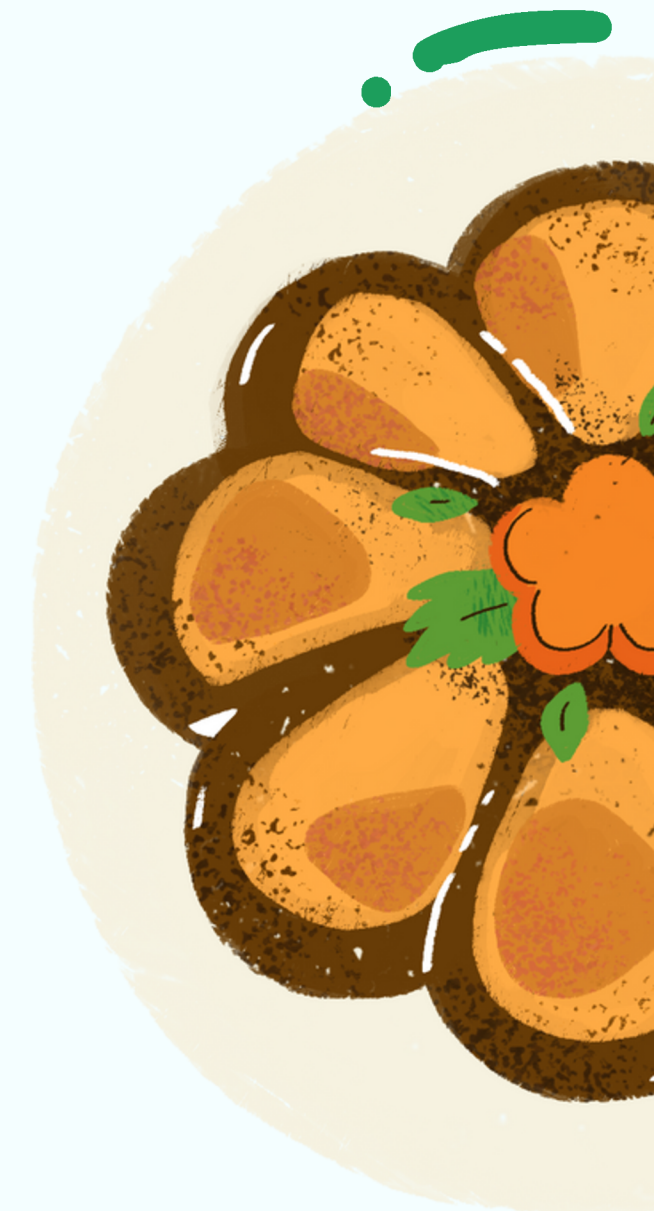
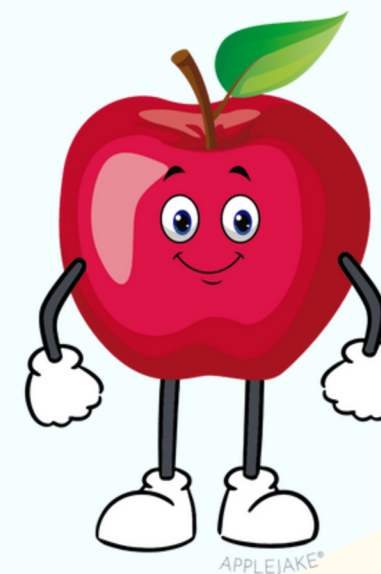


# DISCUSS AND REFLECT

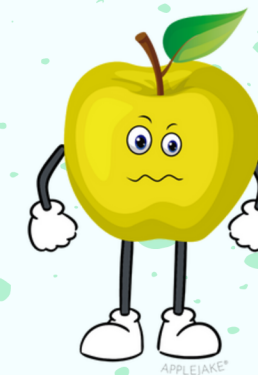
- Talk about why certain foods might initially seem “disgusting.”
- Consider cultural differences, personal experiences, or even how the food looks or smells.
- Ask: “Did any food surprise you?”

## Reframe Disgust

- Identify one food from the test that seemed unpleasant but might be worth trying again.
- Discuss how our tastes can change over time.



# NOTES



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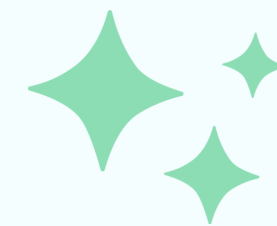
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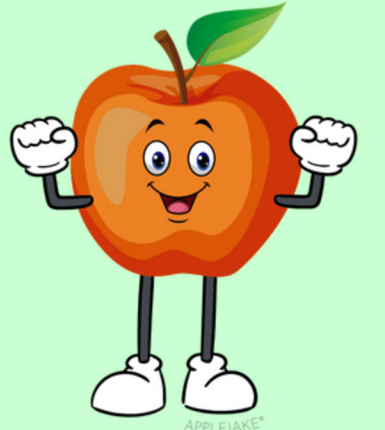
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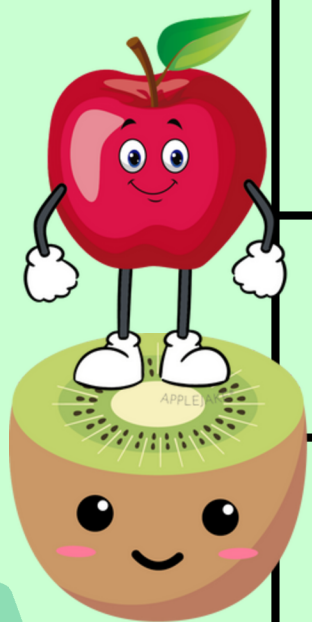
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# PART 1: FOOD CHALLENGE TABLE

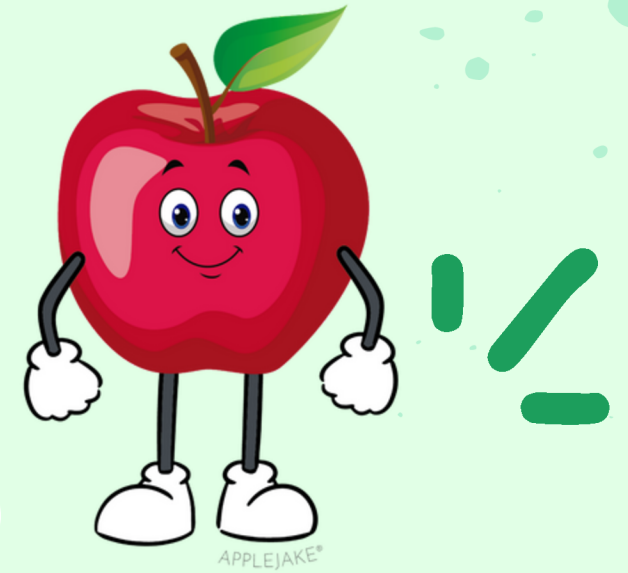


FOOD	HOW IT LOOKS/SMELLS	YOUR PREDICTION	YOUR REACTION
<b>Example: Kiwi</b>	Fuzzy, smells sweet	Sweet and tangy	Surprised! Loved it!





# PART 2: REFLECTION QUESTIONS



What surprised you most about this activity?

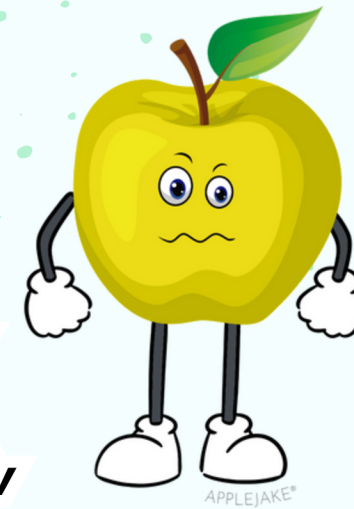
Did you try something you thought you'd dislike and end up enjoying it?

What do you think makes some foods seem "yucky" at first?

# PART 3: FUN FACTS ABOUT DISGUST

## Did you know?

Disgust evolved to protect us from harmful things, like spoiled food or unsafe substances. Over time, our brains can learn to enjoy new tastes!

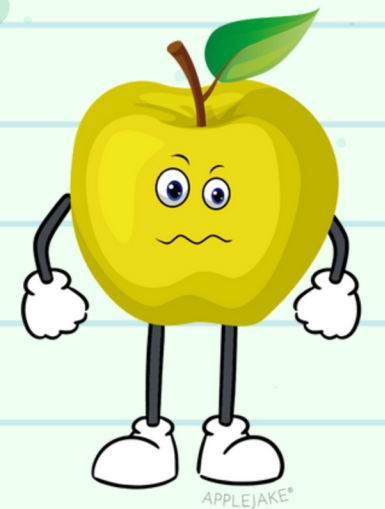


## Bonus Activity:

Draw Your Favorite "Weird" Food!

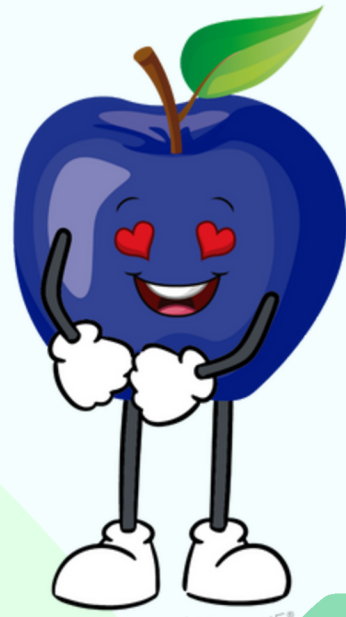
- Draw or decorate your favorite food from the challenge.
- Share why it's worth a second try!

# NOTES





# CULINARY TRIUMPH



APPLEJAKE®