

# TASTEBUD TEASERS

Did you know that tastebuds can change their minds about which foods they like? It's true! (Well, tastebuds don't have minds, but they CAN change.) Choose 5 healthy foods that you refuse to eat. (Be a risk-taker and choose the healthiest foods, even if they taste the worst!) For 2 weeks, try each of these foods 4 times and then reflect below on the experience. Write the date you tried each food and circle your facial expression.



Yum!



Meh.



Ew.



Bleh!

Food	First Try	Second Try	Third Try	Fourth Try
	Date: 	Date: 	Date: 	Date: 
	Date: 	Date: 	Date: 	Date: 
	Date: 	Date: 	Date: 	Date: 
	Date: 	Date: 	Date: 	Date: 
	Date: 	Date: 	Date: 	Date: 

Did your ratings improve for each food over time? Did you rate honestly? 😊

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What do you think would happen if you continued this tastebud experiment for 3 months?

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