



MORE FRUIT AND VEGGIES

EXPLORER'S CARDS

Children can be a little picky when it comes to new foods. To get your kids more excited about discovering new foods, why not use our Explorer Card? Each time your little explorer tries a new fruit or veggie they will get a stamp. Once they get ten stamps for exploring 10 new foods they get a big reward like swimming or bowling, they could even come up with a reward of their choice.


NESTLÉ for HEALTHIER KIDS

What you need:









- Scissors
- Template


How it works:

- Print out and cut out Explorer Cards for either fruits or veggies.
- Mark it each time your child tries a new fruit or veggie.
- When your child has tried 10 new fruits or veggies, reward them with the prize on the card or let them choose one of their own.









EXPLORER'S CARD 


Name _____

	Orange		Apple		Melon		Strawberry
	Banana		Lemon		Grapes		Pineapple









EXPLORER'S CARD 


Name _____

	Tomato		Cauliflower		Peas		Squash
	Spinach		Green Beans		Carrots		Broccoli









EXPLORER'S CARD 


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