

Harvey's One-New-Thing Challenge

Be curious. Take a taste. See what you think!

Hi, Friends! Harvey here!

Sometimes a food you didn't like before might taste different when you try it again. That's why I'm challenging you to try ONE NEW THING each week!

It can be a food you've never tasted before—or something you tried a long time ago and want to give another chance.

You don't have to love it. You don't have to finish it. Just be curious and give it a try!

Week	I tried...	Looked / smelled...	Taste / texture...	Would I try it again?	Paw
1				YES / MAYBE / NOT YET	
2				YES / MAYBE / NOT YET	
3				YES / MAYBE / NOT YET	
4				YES / MAYBE / NOT YET	

I DID IT! I tried something new for four weeks.

My favorite discovery was: _____

Something I might try again someday: _____

Harvey says: You don't have to like everything you taste. Trying is how we discover new things!

Name: _____ Date: _____

What's in Your Lunchbox?

Build a lunch that gives you energy to learn, play, think, grow, and have fun!

Fruits & Vegetables

What colorful fruit or vegetable would you choose?

My choice: _____

Something Filling

Maybe a sandwich, wrap, whole-grain crackers, rice, pasta, soup, or something your family enjoys.

My choice: _____

Protein Foods

Maybe eggs, beans, hummus, chicken, turkey, fish, cheese, yogurt, tofu, nut or seed butter, or another family favorite.

My choice: _____

A Drink

Harvey's favorite everyday drink is water!

My choice: _____

Something I Really Enjoy

Lunch can include foods we simply enjoy, too.

My choice: _____

Draw Your Lunch

Harvey's Challenge

Can you add one food you've never tried before—or one you haven't tried in a long time?

What is it? _____

Maybe this is the week to try it!