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# Super Tasters



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# SUPER TASTERS



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Hi friends! It's me, Chamki the reporter!  
A reporter is someone who tells you the news.  
Today's news is all about my friends who  
are trying healthy foods for the first time.  
Let's go visit them together!



Our first stop is Abby's kitchen. "I'm going to try a cucumber as a snack," Abby says. "I've never tried one before!"

What a healthy choice! Let's watch Abby try this new food.



Wow, that's crunchy!  
"I love crunchy foods," Abby says.  
"Maybe I'll love this cucumber!"



Now Abby is sniffing the cucumber.  
"I love this cucumber's fresh smell,"  
Abby says.



Breaking news: Abby's decided to try the cucumber! What a healthy choice!



Wait, Abby is putting down the cucumber!  
What's going on, Abby?

"Today, I licked the cucumber." Abby says.  
"Tomorrow I'll try a bite."

What a great  
super taster!



Our next stop is Elmo's kitchen. Elmo has a basket of spinach. That's one healthy vegetable!

Elmo has never tried spinach before. Let's watch Elmo try this new food.





What are you doing, Elmo?

“Elmo is helping Daddy cook. Elmo thinks it’s fun to plan and cook with his family!”

Look at Elmo wash! Splashy splash!  
That looks fun!



Elmo's daddy is cooking the clean spinach. But what's Elmo doing?

"Elmo is drawing a picture of the spinach," Elmo says.

What a great idea! Elmo is very interested in this new vegetable.



It looks like Elmo's daddy is done cooking. He's asked Elmo to add a little bit of salt.

"Elmo loves cooking with his family!" Elmo says.

Shaky shake! Great shaking Elmo!

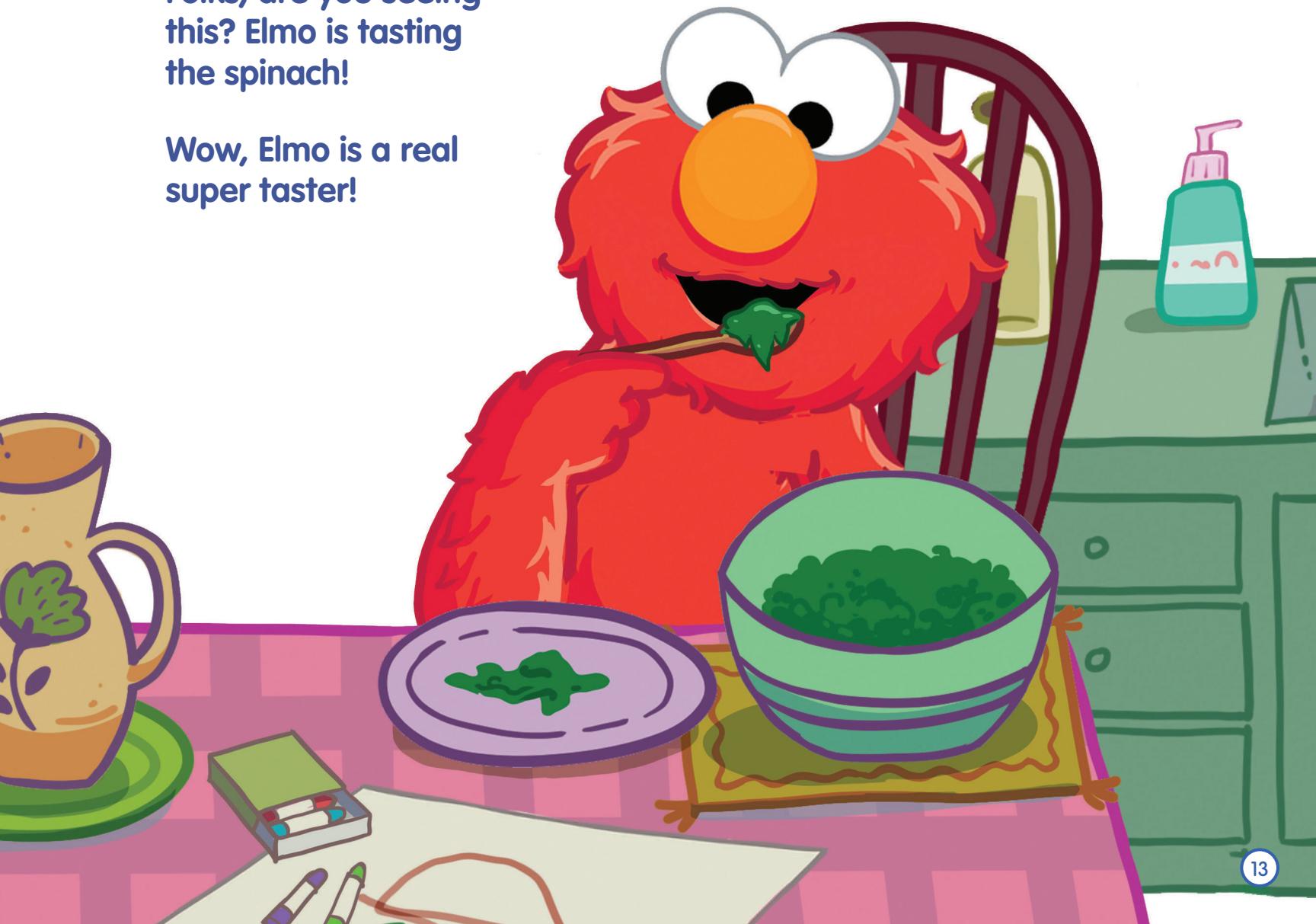


Now Elmo's deciding if he wants to taste the spinach. Spinach is soft, and Elmo's not sure that he'll like the way it feels in his mouth.



Folks, are you seeing  
this? Elmo is tasting  
the spinach!

Wow, Elmo is a real  
super taster!



Elmo tried his first ever bite of spinach! He doesn't think he'll eat any more today at dinner, but he says he wants to try again soon!

Trying again is a healthy choice. Great job Elmo!





Our next stop is Abelardo's granny's garden. Abelardo and his cousin Big Bird are visiting Granny Bird, and she is going to cook them dinner.

Abelardo has never tasted tomatoes before and wants to try them at dinner.

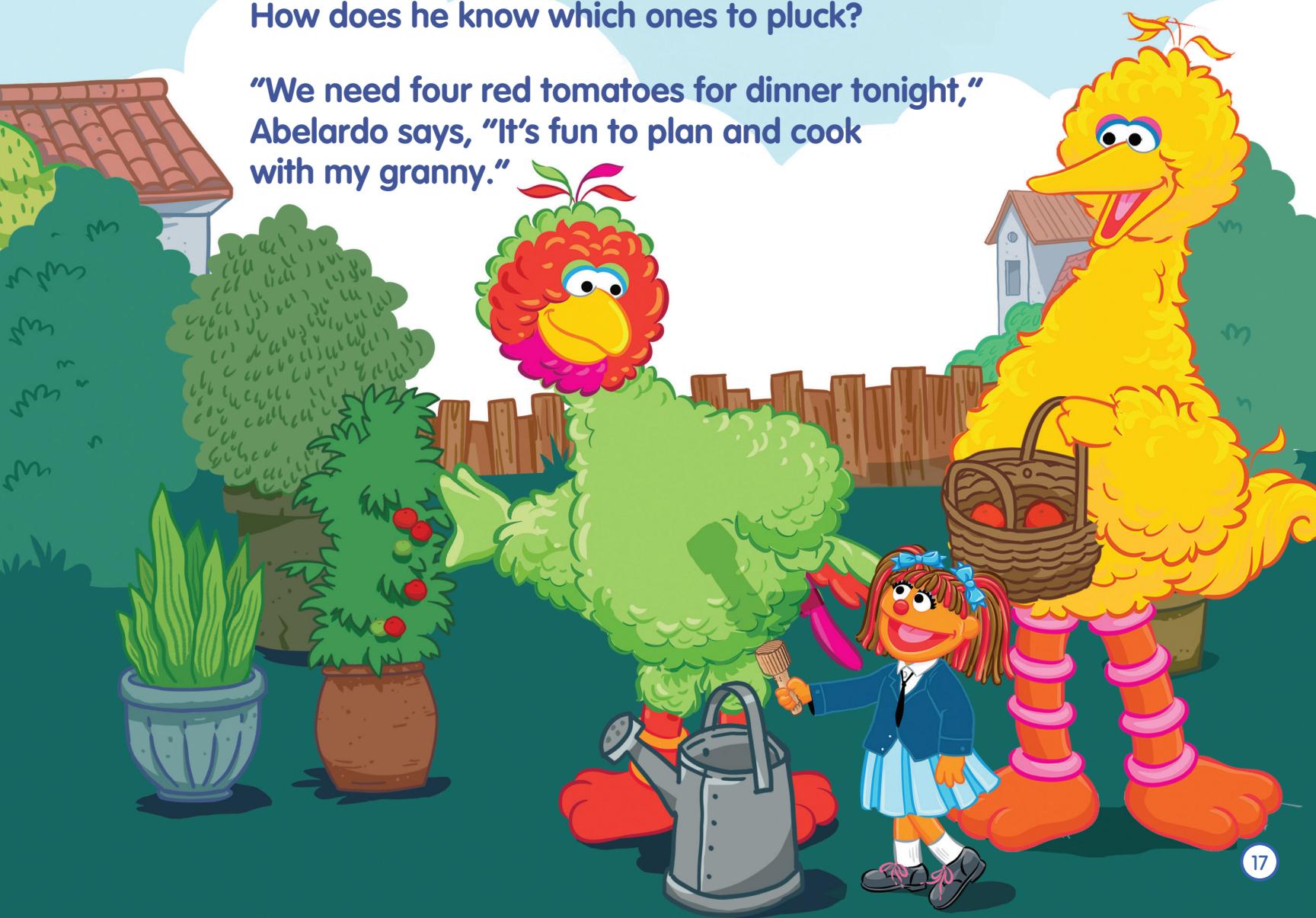


"Granny Bird gets tomatoes from her garden," Abelardo says. "I love growing food with my granny!"



Now Abelardo is checking which tomatoes are ripe.  
How does he know which ones to pluck?

"We need four red tomatoes for dinner tonight,"  
Abelardo says, "It's fun to plan and cook  
with my granny."



Abelardo loves the bright red color of the tomatoes. But he isn't sure about how they feel. They're juicy, and Abelardo isn't sure if he likes juicy things.

What will happen next?  
I'm on the edge of my seat!





Breaking news: Granny Bird washed and cooked the tomatoes for dinner! She added them to rice with peas, carrots and spices.

"The cooked tomatoes aren't juicy anymore!" Abelardo says. "They look soft. I love soft foods! Especially with rice!"

Abelardo didn't want to try the raw tomatoes. But he does want to try them when they're cooked.

"I love tomatoes in rice," Abelardo says. "I can make healthy choices!"

Abelardo is a terrific super taster!



That's the news for today! Great job Abby, Elmo, and Abelardo. Exploring new foods in different ways helped you make healthy choices.



And choosing healthy foods gives you energy to play, learn, and grow! You are all Super Tasters!

Did you shop for  
a new fruit or  
vegetable with  
your family today?

Did you and your  
family cook a new  
recipe together?

Did you try a  
new food?



Congratulations,  
Super Taster! What  
will you taste next?

## Questions to ask:

1. Cucumbers and spinach are green! Tomatoes are red! Can you think of other green and red fruits and vegetables? What about yellow and purple?
2. In the story, Elmo, Abby, and Abelardo are super tasters because they explored new foods. What is a new fruit or vegetable you and your family can try this week?



## Ideas to try:

1. Bring your child with you on a trip to the market or store. Try to find fruits and vegetables in every color of the rainbow. Then, choose one new vegetable to try!
2. Does someone in your family have a hard time tasting new foods? First, focus on other ways to explore the food - grow, purchase, prepare, smell, or even draw a picture!





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