

Tapa Tuesday™

Becoming a Family of Adventurous Eaters,
One Tuesday at a Time

I, _____ vow to be adventurous. My favorite food is _____,
but I know that there are many other amazing foods out there. On Tuesdays I promise to try new
foods without hesitation. My least favorite food is _____ so maybe we won't
try that yet, but someday I plan to try it again. Maybe if it was prepared in a new way, I might like
it. I am excited to start my food adventure.

date & sign: _____