



I, _____

PLEDGE TO TRY NEW THINGS

I am going to keep trying new **vegetables**, **fruits** and **healthy** foods - over and over again.

It might take me tens, or even thousands of times of trying something new before I **like** it.

But when I do finally enjoy it, I will **smile**, knowing that I am healthier for eating more of the good food. And, the more I try new things, the more variety I'll end up eating, and that will make me an even more **fun** person to eat with, and cook with, too!



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A BOOK FOR EVERY KID BASED ON A REAL KID'S REAL STORY

