

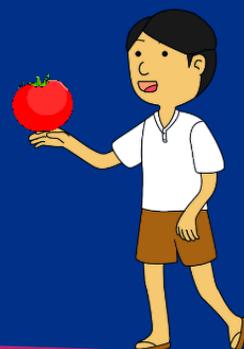
Thurrock primary school children

You have been set a very
important mission!



Healthy Lunch
Mission Makers

14th - 25th
November 2022



Let's get tasting!

There is a theory that if we keep tasting something
we do not like, we will start to like it!

Your mission

Choose at least one extra fruit or vegetable to eat with your lunch every day

When

Monday 14th to Friday 25th November 2022

How

As a 'Healthy Lunch Mission Maker' your mission is to taste more fruits and vegetables with your lunch. If you already eat fruits or vegetables, add a different fruit or veg. If you think fruit or veg are "yuck!" try our tastebud challenge (details on the next page)

Parent/Carer, to register your child for the mission and the prize draw please complete the survey via the following link:

<https://forms.office.com/r/318V9e2zCx>

An end of mission survey will be sent to you. Both surveys need to be completed to be entered into the prize draw for a fruit and vegetable basket!

The survey will also allow you to request top tips for fussy eating, and fun fruit and veg activity sheets via email

It's okay to not like every fruit and vegetable on the planet! We each have different likes and dislikes. We are all unique and that's what makes us amazing! Eating more fruits and vegetables can help to make us even more amazing because they are good for our body and help keep us healthy. But what do we do if we don't like fruits or vegetables? We try the tastebud challenge!

Tastebud Challenge!

“Look”



“Touch”



“Smell”



“Lick”



“Taste”



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Level 1

1.

What does it look like?



Write or draw here

2.

What does it feel like?



Write or draw here

3.

What does it smell like?



Write or draw here

Are you ready to move to the next level?

Yes!

No way! I need more time at level 1



Level 2

4.

Have a lick.
Can you taste anything?



Write or draw here

5.

Have a bite. What does
it taste like?



Write or draw here

Well done for trying new fruits and vegetables!

You may need to taste something 15-20 times before you start to like it. Just because you didn't like something today, doesn't mean you will not like it tomorrow, next week, or next year!

Keep trying and congratulations on being a
'Healthy Lunch Mission Maker'