

Amiah's Journey in VEGGIE LAND

STEP 1

Food Literacy Center came to my afterschool program today. It was fun!



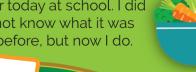
STEP 2

I did not like the broccoli today, but my teacher said that's okay.

> TASTE **EDUCATION**

STEP 5

I saw broccoli on the salad bar today at school. I did not know what it was before, but now I do.



REPETITION

LEARNING BY DOING

STEP 6

We made spring rolls. I wasn't sure if I would like it, but I made it and I was proud.



STEP 3

I learned about sugar. Some foods make you feel sleepy in school.

STEP 4

Every week I try new foods. This is my favorite part of class.

BUILDING **HABITS BY** REPETITION



STEP 7

My food literacy teacher makes eating vegetables fun!



I know how to choose food that makes me feel good. I ask my school and my parents for the vegetables that I like.



I took my food literacy recipe home today, and asked my grandparents if I could help make dinner.

> **ADVOCACY & BEHAVIOR** CHANGE

REPETITION



STEP 8

I tried broccoli again This time I liked it!



ATTITUDE CHANGE

STEP 10

I like vegetables. I am a food adventurer!

