



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.



STEP 5

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



THE END

I am a Health Hero!

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



STEP 9

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



TASTE EDUCATION

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.



ADVOCACY & BEHAVIOR CHANGE

STEP 4

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

KNOWLEDGE



ATTITUDE CHANGE

STEP 3

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

BUILDING HABITS BY REPETITION

JOY!

STEP 7

My food literacy teacher makes eating vegetables fun!



TASTE EDUCATION & REPETITION

STEP 8

I tried broccoli again. This time I liked it!



STEP 10

I like vegetables. I am a food adventurer!



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