



Flavor of the Week Challenge

Challenge Worksheet

****FOR PERSONAL USE ONLY****

DIRECTIONS: Use this worksheet to help you try foods and [recipes](#) that are new to you. Increase your opportunity to receive all the nutrients necessary for optimal health and expand your palate in the process. (NOTE: This worksheet will not be shared.)

| WEEK | TRY A NEW-TO-YOU FOOD THAT... (For additional guidance, learn more about how to read Food Labels .) | MY PERSONAL NOTES | RATE MY ENJOYMENT = Enjoyed! = Neutral = Did not enjoy |
|------|--|-------------------|--|
| 1 | IS SWEET: with little to no grams of " added sugar ". | | |
| 2 | IS SAVORY: with less than 20% Daily Value of sodium per serving. | | |
| 3 | IS COLORFUL: Learn more about the different nutrients found in different colors of food here . | | |
| 4 | CONTAINS HEALTHY FATS: Try these healthier cooking oils or learn more about finding healthy fats on food labels . | | |

Please let us know you participated and what new-to-you foods and/or recipes you tried [HERE](#).



WFHT.TN@tn.gov



facebook.com/WFHTN



twitter.com/WFHTN