























# My Fruit and Vegetable Reward Chart

Use the chart below to record your child's progress with different fruits and vegetables. Use stickers, a tick in the box or ask your child to colour in the different sections when they have touched, licked, tasted or cooked with the different foods. See how many sections they can complete! Ask your child what their favourite fruit and vegetable is. Why not go to [www.tasteforlifenuresery.com](http://www.tasteforlifenuresery.com) to download a certificate to celebrate their progress!



**Season**      **Fruit**      **Vegetables**      **I have touched it**      **I have licked it**      **I have tasted it**      **I have cooked with it**

Summer

 <b>Strawberries</b>					
	 <b>Peas</b>				
 <b>Raspberries</b>					
	 <b>Courgette</b>				

My favourite fruit is:

My favourite vegetable is:

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