



Garden Nutrition Worksheet

Plant Name: _____

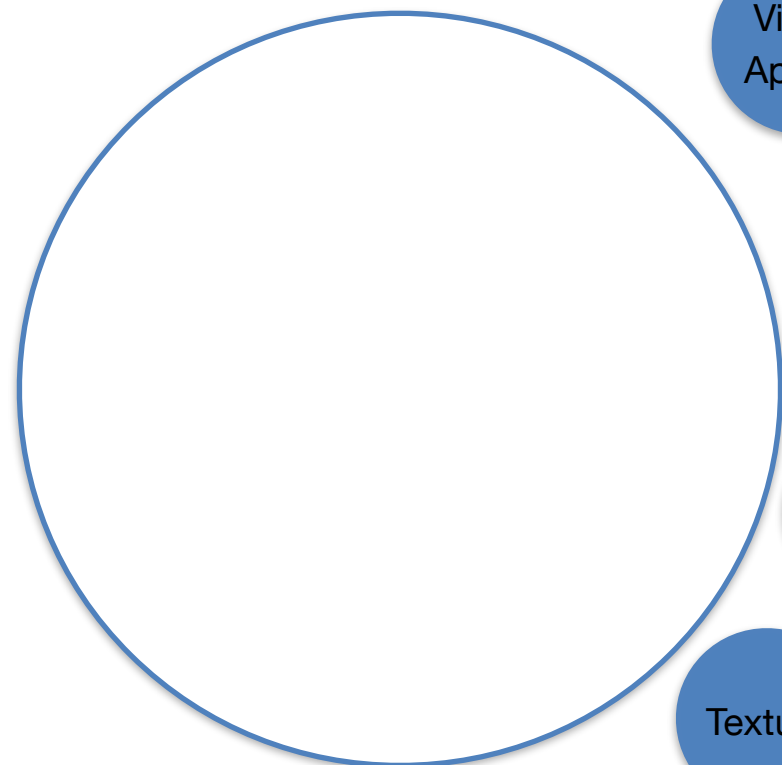
Origin of Plant	Drawing of Plant	Who brought this plant to Colorado?	How did you prepare your chosen plant?
Vitamins	Minerals	Fiber (yes/no/a lot/a little)	Health Benefits



FOOD CRITIC ACTIVITY

Select a new fruit or vegetable to sample. Taste the food and rate it based on visual appeal, smell, taste, and texture using a scale of 1 to 5 where 5 is the best.

DRAW FOOD HERE



Visual
Appeal

Smell

Taste

Texture

1 2 3 4 5

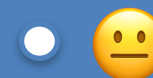
1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

TOTAL: _____

TOTAL SCORE



Eat it again?

YES NO



Tell me more about your chosen plant! Write your answers in a notebook or talk about them with a classmate or family member.

Using your 5 senses:

Describe the smell and taste of your plant.

Did you see anything change during the cooking process?

How did it feel in your mouth?

What sound did it make when you took a bite?

When you cooked your plant, describe what you noticed.

If you ate your plant raw, what did you notice?

Did it remind you of another food that you have tried in the past?

What thoughts came to your mind when you ate your plant?

What do you wonder about this plant?