



The Food Fair Challenge

“Time to get up, sleepyhead,” said Mom as she wiggled me awake. “Today is the Food Fair Challenge at school. Hurry up. We need to make the cheese quesadillas you wanted to take.”

I rolled out of bed, got dressed, and headed to the kitchen. Today we are putting tiny pieces of broccoli in the flour tortilla along with the cheese. A year ago, I would never do such a thing. I was the picky eater in the family and stuck in a rut. I didn’t want to try anything new. My younger brother, Mikey, wasn’t. Mikey would eat anything.

Mom, Dad, and Mikey were patient with me. They always offered different food choices from the five food groups. “Try this.” they would say. “It’s yummy!” Slowly but surely, I became a more adventurous eater. Now, I was looking forward to the Food Fair Challenge at school. There would be new foods that I never tried before.

Food booths were set up around the gym. Most booths provided samples of mixed foods. Some booths provided samples of food-group foods. All booths included foods from different cultures. Each food had a name card with the food groups listed. Every class had a chance to visit the food fair and sample the different foods. Each student also got a booklet with all the recipes used in the food fair.





★ The Food Fair Challenge for My Class ★

1. Build a healthy meal by choosing from the foods you taste at the food fair.
2. Include three or more new foods. These are the foods you never tried before.

We knew there would be lots of food to taste, so the class decided we should each use a chart to gather our personal food data. Each of us carried around a clipboard with a pencil and a chart to fill in. The chart looked like this, but it had a lot more lines for the foods.

| My Food Record | | | | |
|--|-------------------------------------|------------------------------|--|---|
| Food Groups: P = Protein V = Vegetables F = Fruits G = Grains D = Dairy | | | | |
| Food Name | Tried It Before Yes or No | Liked It Yes or No | Mixed-Food Identify food groups. | Food-Group Food Identify the group. |
| 1. | | | | |
| 2. | | | | |

When we got back to class, we were ready to choose. We used the MyPlate picture as a guide to help us build a healthy meal and pick a healthy beverage.



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| <p>MyPlate Key Blue = Dairy Green = Vegetables Red = Fruits Orange = Grains Purple = Protein</p> |
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My meal ended up with these foods. Which ones do you think are new?

1. Oven baked okra bites (vegetable)
2. Broccoli and cheese quesadillas (dairy, grains, vegetable)
3. Mango pineapple salad (fruit)
4. Swedish meatballs (protein)
5. Low-fat milk (dairy)

Now, I need to convince my mother to fix them.

When Mom picked me up from school, I told her about the Food Fair Challenge and handed her the recipe booklet from the food fair. “This is great, Josh,” chuckled Mom. “You know how I love new recipes. Now we can have fun trying out new healthy foods. We’ll use the food record you made and the



MyPlate guide to help us along the way. But, I want you to know that the first meal we make will be the one you put together to meet the Food Fair Challenge.”

I smiled and thought to myself, *no convincing needed*.