

# TASTE IT... DON'T WASTE IT! SUPERHERO CHALLENGE

## TASTE TEST

Food challenge		1	2	3	4	5	6	7	8	9	10	Superhero powers achieved!
Apple	Fresh											
	Cooked											
Peas	Fresh											
	Cooked											
Add your own												

**Superhero challenge!**  
 Try fruit and vegetables: eat fresh and cooked!  
 This way you aren't wasting food and it isn't being sent to landfill.  
 Try it 10 times and you'll achieve Superhero powers!

**MY SUPERHERO POWERS ARE:**  
 CHALLENGE MYSELF  
 BRAVE      PERSISTENT  
 STRONG      OPEN TO TRYING NEW THINGS

