

# How Many Foods Have *You* Tried?

Take a look at the list below.  
How many of these foods have you tried? Put a check in the box by each food you've eaten, then tally up your total...

## Foods to Try:

- Artichoke
- Asian Pear
- Beets
- Bok Choy
- Brussels Sprouts
- Celeriac
- Currants
- Clementine
- Daikon
- Edamame
- Eggplant
- Endive
- Fennel
- Jerusalem Artichoke
- Jicama
- Kohlrabi
- Mango



- Okra
- Pomegranate
- Papaya
- Parsnips
- Plantain
- Pomelo
- Pumpkin
- Radicchio
- Snow Peas
- Spaghetti Squash
- Star Fruit
- Swiss Chard
- Tomatillo

## How Did You Score?

- **Over 25** –Congratulations, you're a real fruit and vegetable guru!
- **15-24**— Good job, you clearly like to experiment and try new things!
- **5-14** —I bet you don't have trouble eating 9 servings of fruits and vegetables each day!
- **1-4**— You need to get out of your rut—head over to the market!