

WILLINGLY TRYING NEW FOODS

What's your favorite food? Pizza and chicken nuggets? Maybe french-fries and candy? I really hope those were not your answers. I'll confess that just a few years ago it would have been mine. You see I knew what I liked and, frankly, that's all I really wanted. I would have eaten chicken nuggets for every meal if I could. My mom couldn't get me to try new stuff for love nor money. But that's not how a Trailblazer should be, right? We need to be obedient, with a little sprinkling of adventure, when it comes to trying new stuff.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

- Try any new foods that your parents put before you. Commit to five good bites and be prepared to talk about what is good and not so good about the flavor, texture, and looks. Remember, you can get over all of these factors. Rarely is it the taste of something that puts us off a food.
- If you really don't like something, you must still be very polite, well-mannered, and strive to accomplish your five bites.

• Now, you need to expand your horizons, there are always going to be a few foods that we might not like, but we need to be willing to try new foods.

• First step, try a little and eat it before you eat the stuff that you know you like. Just a couple of mouthfuls to get things started. It's amazing how many things I thought I didn't like, which, now I've tried them, I realize they are my favorites.

• Most of the time when you think you don't like something, it has nothing to do with the taste. It is down to the look of the food or the texture. So try concentrating on the taste. You'll soon realize that the taste is either pretty good or there really is not much taste at all.

• Try a little ketchup. That's how I conquered my hatred for peas. After a while I realized peas are pretty awesome. Again, it had nothing to do with taste.

• Commit that you will try five bites (decent sized bites, not the size of a piece of rice) of anything new.

• If you don't like it, discuss what you don't like about it. You can't just say I don't like it. Is it the taste, the texture, the color, the sauce? What is it you don't like?

This commitment will go a long way to expanding your horizons. One day you'll be at another person's house and they'll serve something that you have not tried before. You need to be ready to politely give it a try.

