We hope that you and your family are enjoying the Newsletters and Challenges and that you are learning a lot about how to live healthier lives! Second grade scientists, Energy Buddy is so excited to see those ENERGY Meters going up! Are you excited? How is your class doing? How can you work as a team to get your classmates to complete the challenges? Each class still has a chance to end up on top, so do your part and add to your class’ points by completing Challenge #5 (worth 10 points) with your family this week!

We Challenge You To…
Test Your Senses!

Challenge: We challenge you to try one new food as a family this week. Try an exotic fruit or vegetable like a plantain, a kumquat, or a jicama, experience the flavor of a new grain, cook up some food from a different country/culture, or even try a new recipe. Whatever it may be, get creative and test your senses!

The new food we tried was....

As a Family, describe...

1. What your new food looked like, including shapes, colors, etc.

2. The smell of your new food.

3. How the food felt in your mouth.

4. What the food tasted like.

**When describing your new food, avoid words like yucky, good, weird, etc. and use as many descriptive words as you can!

Don’t forget to return this completed sheet to your teacher by the end of next week to get points for your class!