Guess what...it is challenge time again, and you know what that means. Get your family together and complete Challenge #6 to get 10 points for your class. The goal is to get your class’ ENERGY Meter up as high as it will go. Also, don’t forget that the class with the most points at the end of the year will win a class party with the ENERGY Team! What are you waiting for? Get going!

We Challenge You To... Diversify Your Diet!

**Challenge:** We challenge you to diversify a meal by making something that you would not normally make. For example, instead of making spaghetti and meatballs, try making spaghetti squash with meat sauce. Or how about substituting regular mashed potatoes with mashed cauliflower or mashed sweet potatoes. You can even try adding shredded zucchini to brownies or breads, or substitute apple sauce for butter in a muffin recipe. Get creative...the sky is the limit!

Our family got creative and made...

1. What were your family’s thoughts on the new dish? Is this something that you would make again? 

2. How often does your family try new foods or unusual fruits and vegetables? 

3. What is one of the most unusual foods or dishes that your family eats or prepares? 

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