Food Explorers Chart

The first column provides a list of common fruits, vegetables, meats, dairy and carbohydrates.

Use the second column to indicate any foods your child is consistently eating (i.e. have eaten at least once in the past month and would eat readily if offered today).

Use the third column to indicate foods your child is willing to learn about in Food School at home.

There are 16 boxes in the last column as research suggests this is the minimum number of times required to learn about a new food. Using the Food School Point System, place the number indicating the highest level your child reached when exploring each food.

	Consistently Eaten?	Willing to learn about?	Number of tries -											
FRUITS														
Apple														
Apricot														
Banana														
Blueberry														
Fejoa														
Grape														
Kiwifruit														
Melon														
Nectarines														
Oranges													\exists	
Peaches														
Pears														
Pineapple														
Plum														
Raisins														
Raspberry														
Strawberry														
Other:														
Fruit Juices														
Apple														
Mango/orange														
Orange														
Smoothie														
V8														
Other:														
VEGETABLES														
Avocado														
Beans - green														
Beetroot														
Broccoli														

Brussel sprouts					T		Π		Π						
Cabbage (green/red)															
Capsicum															+
Carrots					+								+		+
Carrots					-									-	+
Cassava					+										+
					+								-		+
Celery					-								-		_
Corn					_								_		_
Courgette												_			_
Cucumber					4										_
Kale															_
Kumara															
Lettuce															
Mushrooms															
Onions															
Peas	 														
Potato:				$_ extstyle e$			L								
- boiled				T											
- hot chips (oven)															
- hot chips															
(takeaway)															
- mashed															
- roast															
- other															
Puha															
Pumpkin															
Spinach															\top
Taro															
Tomato															
Yam															
Other:															
PROTEINS															
															\top
Bean based:															\top
- baked beans															\top
- chickpeas															\top
- chilli beans															
- edamame															
(soybean)															
- falafel															+
- hummus		H		\forall	\dagger	+			H		H	\dashv	+	+	+
- lentils		H		+	\dashv	+	-		\vdash		H	\dashv	\dashv	+	+
- tofu		H		\dashv	\dashv	+			\vdash		H			+	+
- vegetarian burger		H	+	+	+	+			+		H	\dashv	+	+	+
- other		H		+	\dashv	+	-		\vdash		H	\dashv	+	+	+
Other		H		+	\dashv	+	-		\vdash		H	\dashv	+	+	+
		H		+	\dashv	+	-		\vdash		Н	\dashv	\dashv	+	+
Eggs:		H		+	\dashv	+	-		\vdash		Н	\dashv	\dashv	+	+
- boiled		Н			\dashv	+	-	-			Н	\dashv	\dashv	\dashv	+
Dolled							<u> </u>		1	<u> </u>					

- fried												
- scrambled			1	\dashv	1	\dashv				\dashv		+
- other												\top
												\top
												+
Nuts & seeds:												
- almond												+
- cashew												\top
- chia seed												\top
- peanuts												
- peanut butter												
- pistachios												
- pumpkin seed												
- sesame seed												
- sunflower seed												
- other										1		
						\exists						
										1		
MEATS												
Beef												
- deli slice												
- mince												
- steak												
- other												
Chicken												
- deli slice												
- fried (eg KFC)												
- roast												
- shredded												
- other												
			_			_						\perp
Pork						_						
Bacon						_				_		\perp
Ham					_	_				_	_	_
			_		4	_				_	_	+
			_			_				_		+
Sausages			_	_	_	4				_	_	\perp
- cheerios			_	+	-	\dashv				\dashv	_	_
- pre-cooked					4	\dashv				_	_	_
- other				4	_	4			_	_	_	\perp
Laurela				_	4	+				_	-	_
Lamb			_			4				_		+
Fish					_	\dashv				_	_	+
Fish			_	\dashv	+	\dashv		\square	-	\dashv	_	+
- crumbed/battered			\dashv	\dashv	+	\dashv				\dashv	4	+
- tinned				-	\dashv	\dashv				\dashv	-	+
- other												

				I I			\neg	$\overline{}$					_			
		Н					\perp	\dashv				\dashv	4	+	-	
		Н					4	\dashv				+	+	\dashv	\perp	
DAIRY		Н					\perp	\dashv				\dashv	4	4	-	
							4	\dashv				4	4	\dashv		
Cheese							4	\dashv				4	4	\dashv		
- cream cheese							4	\dashv				\dashv	4	4	4	
- hard (e.g. Colby)							4	\dashv				\dashv	4	4	4	
- processed (slices)							4	\dashv				\dashv	4	4	4	
- soft (e.g. Brie)							4	_				_	_	4		
							4	4				\perp	4	\downarrow	4	
							4	\dashv				\dashv	4	4	4	
Milk							_	\dashv				\dashv	4	_	_	
- plain							_	\dashv				\dashv	4	_	_	
- flavoured							_	\dashv				\dashv	4	_	_	
- chocolate							_	\dashv				\dashv	4	_	_	
- strawberry		Ш					_	\dashv				\dashv	\downarrow	\perp	\perp	
- Milo							\dashv	\dashv				\dashv	4	\downarrow	\perp	
- other							4	\dashv				\dashv	4	\downarrow	\perp	
								\dashv				_	4			
Other milks (non-dairy)								\dashv				_	4	\downarrow		
								\dashv				_	4	\downarrow		
								_								
Yoghurt								_								
Frozen																
Other (non-dairy)																
Ice cream								\perp								
														\perp		
CARBOHYDRATES														1		
BREAD																
- white																
- grain																
- wheatmeal																
Other																
Bagel							\rfloor					\perp				
Corn chips														\perp		
Criossant														\perp		
Pancakes												\perp				
Pies												\Box				
Pita bread		\bigsqcup										\Box				
Pizza		\bigsqcup										\Box				
Tortillas												\Box	\prod		$oldsymbol{ol{ol{ol}}}}}}}}}}}}}}}}}$	_
Waffles												\Box	\prod		$oldsymbol{ol{ol{ol}}}}}}}}}}}}}}}}}$	_
	 						T					T				
		'	_ '	_ '	_ '	_ '	_ '	_ '	_ '	_ '						
CEREALS (Breakfast) Cornflakes	 															

Cheerios Chex Coco Pops Nutri-Grain Porridge Ricies Weetbix SNACKS Biscuits (homemade) - Biscuits (bought) - Cake - Chips (crisps) - Crackers - Muffin (sweet) Muffin (savoury) Muesli bars Pastries	
Coco Pops Nutri-Grain Porridge Ricies Weetbix SNACKS Biscuits (homemade) - - - Biscuits (bought) - - - Cake - - - Chips (crisps) - - - Crackers - - - Muffin (sweet) Muffin (savoury) Muesli bars -	
Nutri-Grain Porridge Ricies Weetbix SNACKS Biscuits (homemade) - - Biscuits (bought) - - - Cake - - - Chips (crisps) - - - Crackers - - - Muffin (sweet) Muffin (savoury) Muesli bars -	
Porridge Ricies Weetbix SNACKS Biscuits (homemade) Cake Chips (crisps) Crackers - Crackers - Muffin (sweet) Muffin (savoury) Muesli bars	
Ricies Weetbix SNACKS Biscuits (homemade) Biscuits (bought) Cake Chips (crisps) Crackers Muffin (sweet) Muffin (savoury) Muesli bars	
Weetbix SNACKS Biscuits (homemade) Biscuits (bought) Cake Chips (crisps) Crackers Muffin (sweet) Muffin (savoury) Muesli bars	
SNACKS Biscuits (homemade) Biscuits (bought) Cake Chips (crisps) Crackers Muffin (sweet) Muffin (savoury) Muesli bars	
Biscuits (homemade) Biscuits (bought) Cake Chips (crisps) Crackers - Muffin (sweet) Muesli bars	
Biscuits (homemade) Biscuits (bought) Cake Chips (crisps) Crackers - Muffin (sweet) Muesli bars	
-	
- Cake - Chips (crisps)	
- Cake - Chips (crisps)	
Cake - - - Chips (crisps) - - - - - - - - - - - Muffin (sweet) Muffin (savoury) Muesli bars -	
- Chips (crisps)	
- Chips (crisps)	
- Chips (crisps)	
Chips (crisps) Crackers Muffin (sweet) Muffin (savoury) Muesli bars	
Crackers	
- Crackers	
Crackers — - — Muffin (sweet) — Muffin (savoury) — Muesli bars —	
Muffin (sweet) Muffin (savoury) Muesli bars	t
- Muffin (sweet) Superior Supe	₩
Muffin (sweet) Muffin (savoury) Muesli bars	1
Muffin (savoury) Muesli bars	╁
Muesli bars	╁
	\vdash
	╁
Pretzels	╁
Popcorn	╁
Other:	╁
Other.	╁
	\vdash
OTHER CARBS	╁
	╁
Couscous	╁
Noodles Paste	-
Pasta Since	+
Rice	-
	-
	╄
	_
SAUCES	_
Aioli	\vdash
BBQ	igspace
Chocolate	$oxed{\bot}$
Mayonnaise	ota
Sweet Chilli	$oldsymbol{\perp}$
Tomato	\perp
Other	
	1