## 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 | Willing to learn | Number of tries - |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| FRUITS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Apple |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Apricot |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Banana |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Blueberry |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fejoa |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Grape |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kiwifruit |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Melon |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nectarines |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Oranges |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Cabbage (green/red) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Capsicum |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrots |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cassava |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cauliflower |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Celery |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Corn |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Courgette |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cucumber |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kale |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kumara |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lettuce |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mushrooms |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Onions |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Potato: |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - boiled |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - hot chips (oven) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - hot chips (takeaway) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - mashed |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - roast |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - other |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Puha |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pumpkin |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spinach |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Taro |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomato |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yam |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Other: |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| PROTEINS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bean based: |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - baked beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - chickpeas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - chilli beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - edamame (soybean) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - falafel |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - hummus |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - lentils |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - tofu |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - vegetarian burger |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - other |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Eggs: |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - boiled |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


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


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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| DAIRY |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - cream cheese |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - hard (e.g. Colby) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - processed (slices) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - soft (e.g. Brie) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Milk |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - plain |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - flavoured |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - chocolate |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - strawberry |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - Milo |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - other |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Other milks (non-dairy) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Frozen |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Other (non-dairy) |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ice cream |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CARBOHYDRATES |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BREAD |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - white |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - grain |  |  |  |  |  |  |  |  |  |  |  |  |  |
| - wheatmeal |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Other |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bagel |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Corn chips |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Criossant |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pancakes |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pies |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pita bread |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pizza |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tortillas |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Waffles |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pretzels |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Popcorn |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Other: |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| OTHER CARBS |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Couscous |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Noodles |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pasta |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rice |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| SAUCES |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Aioli |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BBQ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mayonnaise |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweet Chilli |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomato |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Other |  |  |  |  |  |  |  |  |  |  |  |  |  |
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