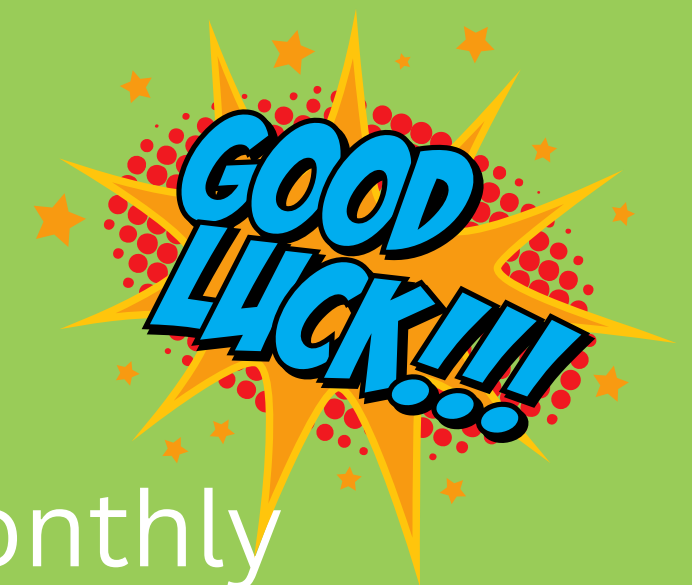


WELCOME TO THE BRAVE BUDS CHALLENGE!



Get ready to test your taste buds by trying our monthly **SUPERHERO** fruit and vegetable!

After tasting both foods, add 2 stickers to your super cool rewards chart!

At the end of the year, bring your chart to clinic/send to metabolic.dietitians@childrenshealthireland.ie to claim your Bravebud certificate and special prize!



HOW IT WORKS?

Follow the chart and try one new fruit or vegetable each month

Remember to properly challenge your taste buds you need to try a new food at least 3 times!

Complete the 12-month star chart and at the next clinic appointment you will be awarded a certificate and a special prize for completing the Bravebuds challenge!

Add a "Buddy"

Why not get yourself a brave 'buddy' to do the challenge with – ask your brother/sister or a friend.