

THIS WEEK'S TRIPLE T: SWEET

TALK!

We learned about how to taste sweetness in foods we may not usually think of as being sweet--even vegetables!

Here are some ideas to keep the conversation going!



STUGGLE WITH SUGAR?
GO TO THIS WEBSITE FOR
ADVICE ON TALKING
ABOUT SUGARY FOODS.
<https://tinyurl.com/dau9njkd>

What kinds of foods
from nature are
sweet?



What kinds of foods
are sweet from added
sugar?



How do sweet foods
make you feel? What
if you eat a lot?



Try ranking 3 fruits or veggies by their sweetness. For example, how does a carrot compare to an apple or a bell pepper?


TRY!



NEED DINNER IDEAS?
GO TO THIS WEBSITE
FOR SOME EASY,
INEXPENSIVE MEALS:
[HTTPS://TINYURL.CO
M/YNYBS2BB](https://tinyurl.com/m/ynybs2bb)

TEACH!

We learned how people used to store their food. Have your child teach you how food was stored a long time ago and point out the things in your kitchen that didn't exist 100 years ago.



QUESTIONS? SEND
THEM OUR WAY!

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