**About the *I Tried It* cards**

* Keep sheets small so they are easily transported home and are quick and easy to read
* be sure to have a rating system for students so parents can see how much their child liked the item
* Include a picture so parents and students can easily recognize the item in the store

**Template Example**

**AVOCADO**



**My Rating:** ☺ 😐 ☹

* An avocado is a fruit and not a vegetable! It is a member of the berry family.
* Avocados contain oleic acid, a monounsaturated fat that may help to lower cholesterol.
* Avocados are a good source of potassium, a mineral that helps regulate blood pressure.
* Avocados are good in salads, sandwiches, smoothies, and are the main ingredient for guacamole.

**Insert Food Name**

Food Picture

**My Rating:** ☺ 😐 ☹

* Interesting/fun facts about food.
* Recommended ways to eat/prepare/enjoy food
* Highlight key nutrients/vitamins/etc.