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Dear Families - *Eating the Alphabet* introduces children to many, many kinds of fruits and vegetables. Use the chart on this page to encourage your child to try many new (and old!) kinds of foods. Whenever your child has a chance to taste one of these fruits or vegetables, remember to record the date. And remind your child of the letter of the alphabet that this food begins with.

I tasted this on	Date	I tasted this on	Date
 a pple		 O range	
 b anana		 p otato	
 C arrot		 r adish	
 d ates		 S trawberry	
 e ggplant		 t omato	
 f ig		 V egetables	
 g rapes		 w atermelon	
 l ettuce		 y am	
 M elon		 Z ucchini	