GRACIE JIU-JITSU

PHOENIX

Gracie BULLYPROOF™

Prepare Your Child For Life.™

The Official Fruit and Veggie Challenge Packet

_____

Student Name

The Rules of the Fruit and Veggie Challenge

Use the Fruit and Veggie Challenge Packet as you compete to become the Champion in your class and become a Champion of your health!

1. Review the packet and start picking items to try. Include the 'weird' ones or ones that you may not even like!

2. Once you select an item, give it an emoji to show if you think you will like it or not.
    a. Smiley Face – I think or already know I will like it!
    b. Straight Face – I don't think I will like it, but I will eat it because I know it is good for my body, mind, and spirit.
    c. Sad Face – I don't think I will like it, but I will taste it and put in the effort to eat it.

3. Eat it! *For each fruit or veggie that you eat on 3 separate occasions, you earn one point.*
    a. For this contest, if you don't like it, one full bite counts for Little Champs and 3 full bites count for Junior Grapplers as a completion of trying a fruit or veggie -but allow yourself to eat more if you can. **A funny thing about many foods and our taste buds – If you continue to eat something, even if you don't like it at first, your body will adapt and over time you will actually start to like it! You just have to give it the chance!**
    b. Once you have earned your point for a fruit or veggie, you can eat them as often as you would like, but you can only earn one point per fruit or veggie once.
    c. Parents must date and initial your efforts.

4. There is a bonus 4th column on sheet. *If you choose to eat a fruit or veggie a 4th time, you get a bonus point!*

5. Total up how many times you ate each fruit or veggie.

6. Write down if you like the fruit or veggie now that you have eaten it, by writing YES, It's OK, or NO.

7. Using the same emoji scale as before, give it a final emoji to show how you feel about it now in the 'What do you score it?' column.

At the end of our health chapter, which is May 7th, students will turn in their packets with the total number of points they earned written on the cover sheet and signed by their parent. The student with the highest number of points in the Little Champs and Junior Grapplers classes will earn 2 prizes!

1. **A Brand-New Gracie Gi!**

Mr. Adam and will sit down with each student and go onto the Gracie University online store. There, the winning student will look at all the available gis and pick their favorite gi. Mr. Adam will then purchase it for them!

2. **Lunch with Mr. Adam and Your Family!**

The winning student and their parents will schedule a lunch with Mr. Adam at True Food. There, we will enjoy an amazing lunch, and we will discuss some of the healthy things about our meals. After that, the conversation will be 100% controlled by you, the student and champion! We will talk about your favorite things and enjoy a healthy meal together!

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Fruits and Veggies in Season **YEAR-ROUND**

Fruit or Veggie	Do you think you like it?	Dates				Parents Initials	Total Times You Tried It	Do you like it now?	What do you score it?
Amaranth									
Apples									
Arrowroot									
Apricots, Dried									
Avocados									
Bananas									
Banana Squash									
Bell Peppers									
Black Radish									
Black Eyed Peas									
Bok Choy									
Broccoflower									
Broccolini									
Burdock Root									
Cabbage									
Carrots									
Cranberries, Dried									
Celeriac (Celery Root)									
Celery									
Cherry Tomatoes									
Chinese Eggplants									
Coconut									
Dandelion Greens									
Gai Lan									
Galangal Root									
Kiwano									
Leek									
Lemons									
Lettuce									
Mushrooms									
Olives									
Onions									
Papayas									
Parsnips									
Pearl Onions									
Potatoes									
Rutabagas									
Salad Savoy									
Snow Peas									
Wasabi Root									
Yucca Root									

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WINTER Fruits and Veggies: December to February

Fruit or Veggie	Do you think you like it?	Dates				Parents Initials	Total Times You Tried It	Do you like it now?	What do you score it?
Belgian Endive									
Brussels Sprouts									
Buttercup Squash									
Cactus Pear									
Cardoon									
Cherimoya									
Clementines									
Collard Greens									
Date Plums									
Dates									
Delicata Squash									
Grapefruit									
Kale									
Kiwifruit									
Leeks									
Mandarin Oranges									
Maradol Papaya									
Oranges									
Passion Fruit									
Pear									
Persimmons									
Pomegranate									
Pummelo									
Red Banana									
Red Currants									
Sharon Fruit									
Sweet Dumpling Squash									
Sweet Potatoes									
Tangerines									
Turnips									

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SPRING Fruits and Veggies: March to May

Fruit or Veggie	Do you think you like it?	Dates				Parents Initials	Total Times You Tried It	Do you like it now?	What do you score it?
Apricots									
Artichokes									
Asparagus									
Barbados Cherries									
Belgian Endive									
Bitter Melon									
Butter Lettuce									
Cactus									
Broccoli									
Chayote Squash									
Cherimoya									
Chives									
Collard Greens									
Corn									
Fava Beans									
Fennel									
Fiddlehead Ferns									
Green Beans									
Honeydew									
Limes									
Lychee									
Jackfruit									
Mango									
Manoa Lettuce									
Morel Mushrooms									
Mustard Greens									
Oranges									
Pea Pods									
Peas									
Pineapple									
Purple Asparagus									
Radicchio									
Ramps									
Red Leaf Lettuce									
Rhubarb									
Snow Peas									
Sorrel									
Spinach									
Spring Baby Lettuce									
Strawberries									
Swiss Chard									
Vidalia Onions									
Watercress									
White Asparagus									

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SUMMER Fruits and Veggies: June to August (A-G)

Fruit or Veggie	Do you think you like it?	Dates				Parents Initials	Total Times You Tried It	Do you like it now?	What do you score it?
Anaheim Chile									
Apricots									
Armenian Cucumber									
Asian Pear									
Barbados Cherries									
Beets									
Bell Peppers									
Black Crowberries									
Black Currants									
Blackberries									
Blueberries									
Boysenberries									
Breadfruit									
Butter Lettuce									
Cantaloupe									
Casaba Melon									
Champagne Grapes									
Chayote Squash									
Cherries									
Cherries, Sour									
Chinese Long Beans									
Corn									
Crenshaw Melon									
Crookneck Squash									
Cucumbers									
Durian									
Eggplant									
Elderberries									
Endive									
French Beans									
Figs									
Galia Melon									
Garlic									
Grape Tomatoes									
Grapefruit									
Grapes									
Green Beans									
Green Soybeans (Edamame)									

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SUMMER Fruits and Veggies: June to August (H-Z)

Fruit or Veggie	Do you think you like it?	Dates				Parents Initials	Total Times You Tried It	Do you like it now?	What do you score it?
Hearts of Palm									
Honeydew Melons									
Jackfruit									
Jalapeno Peppers									
Key Limes									
Lima Beans									
Limes									
Loganberries									
Longan									
Loquat									
Lychee									
Manoa Lettuce									
Mulberries									
Nectarines									
Olallieberries									
Okra									
Ong Choy Spinach									
Passion Fruit									
Peaches									
Peas									
Persian Melon									
Plums									
Radishes									
Raspberries									
Rose Apples									
Sapodillas									
Sapote									
Shallots									
Strawberries									
Sugar Apple									
Sugar Snap Peas									
Summer Squash									
Tomatillo									
Tomatoes									
Watermelon									
Winged Beans									
Yukon Gold Potatoes									
Zucchini									

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FALL Fruits and Veggies: September to November (A-H)

Fruit or Veggie	Do you think you like it?	Dates				Parents Initials	Total Times You Tried It	Do you like it now?	What do you score it?
Acorn Squash									
Asian Pear									
Barbados Cherries									
Black Crowberries									
Black Salsify									
Belgian Endive									
Broccoli									
Brussels Sprouts									
Butter Lettuce									
Buttercup Squash									
Butternut Squash									
Cactus Pear									
Cape Gooseberries									
Cardoon									
Cauliflower									
Chayote Squash									
Chinese Long Beans									
Crab Apples									
Cranberries									
Date Plum									
Delicata Squash									
Diakon Radish									
Endive									
Feijoa									
Garlic									
Ginger									
Grapes									
Guava									
Hearts of Palm									
Huckleberries									

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FALL Fruits and Veggies: September to November (I-Z)

Fruit or Veggie	Do you think you like it?	Dates				Parents Initials	Total Times You Tried It	Do you like it now?	What do you score it?
Jalapeno Peppers									
Jerusalem Artichoke									
Jujube									
Key Limes									
Kohlrabi									
Kumquats									
Muscadine Grapes									
Mushrooms									
Ong Choy Spinach									
Passion Fruit									
Pear									
Persimmons									
Pineapple									
Pomegranate									
Pumpkin									
Quince									
Radicchio									
Sapote									
Sharon Fruit									
Sugar Apple									
Sunflower Kernels									
Sweet Dumpling Squash									
Sweet Potatoes									
Swiss Chard									
Turnips									