A FREE PRINTABLE FROM FOOD REPLAY

The Family Food Replay Starter Kit

A no-guilt sticker chart, a tasting passport and a hero certificate — everything a fridge needs to turn healthy eating into a gentle adventure.

The house rules (printed here so everyone plays fair)

1. Stickers are only ever added — nothing is removed for a missed day or an untouched vegetable. 2. Trying counts: a lick, a sniff, a brave poke. Amounts eaten are never scored. 3. Treats logged honestly earn a sticker too — honesty beats perfection. 4. Nobody is compared with a sibling or classmate. 5. When the week ends, celebrate whatever happened. Then start fresh.

One week of hero powers

A sticker (or a coloured-in box) any time a food charges that power. Boxes can stay empty — empty is just “not yet”, never “failed”.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Brain Power eggs · lentils · carrots · spinach							
Shield Power colourful fruit & veg							
Muscles Power protein foods							
Tummy Power fibre · fruit, veg & beans							
Bones Power milk · yogurt · cheese · fish							
Energy Power rice · bread · oats · banana							
Water drop water & drinks							

Hero's name: _____

Week of: _____

Remember: stickers are **added only**. A missed day pauses the adventure — tomorrow it simply continues. No sticker is ever taken away, by anyone.

Brave-taster stamps

One lick counts. One sniff counts. “Not for me (yet)” is a completely legal verdict — the stamp rewards the courage, not the swallow. Ten stamps = a small family ceremony.

Food #1 STAMP

I tried: _____
My verdict: ☺ / 😐 / not for me (yet)

Food #2 STAMP

I tried: _____
My verdict: ☺ / 😐 / not for me (yet)

Food #3 STAMP

I tried: _____
My verdict: ☺ / 😐 / not for me (yet)

Food #4 STAMP

I tried: _____
My verdict: ☺ / 😐 / not for me (yet)

Food #5 STAMP

I tried: _____
My verdict: ☺ / 😐 / not for me (yet)

Food #6 STAMP

I tried: _____
My verdict: ☺ / 😐 / not for me (yet)

Food #7 STAMP

I tried: _____
My verdict: ☺ / 😐 / not for me (yet)

Food #8 STAMP

I tried: _____
My verdict: ☺ / 😐 / not for me (yet)

Food #9 STAMP

I tried: _____
My verdict: ☺ / 😐 / not for me (yet)

Food #10 STAMP

I tried: _____
My verdict: ☺ / 😐 / not for me (yet)

Food #11 STAMP

I tried: _____
My verdict: ☺ / 😐 / not for me (yet)

Food #12 STAMP

I tried: _____
My verdict: ☺ / 😐 / not for me (yet)

Explorer tip for grown-ups: serve the new food tiny (two peas beats a pile), next to favourites, with zero pressure — and eat it yourself, visibly, happily. Most foods need 8–15 calm meetings before they're friends.

SHEET 3 · OFFICIAL HERO BUSINESS

Certificate of Brave Tasting

This certifies that

_____

showed true hero courage this week — trying new foods, charging their powers, and being honest about the treats. Nothing they earned can ever be taken away.

Signed, with a glow of pride,

Nova ✦
CHIEF GLOW OFFICER

_____
A PROUD GROWN-UP

_____
DATE