



+ **Chobani**[®]

Kitchen Exploration

Welcome to your passport, delicious Food Adventures await. Kalamata and her stuffed pal Al Dente love pretending to go on a treasure hunt in their kitchen. Come along with them by completing the challenges below and see what treasures you can find.

Name: _____ Age: _____ Date Completed: _____



- Take the Taste Bud Pledge: "I promise to keep my mind open and my fork ready, to try each new food at least two times and share what's on my plate when someone doesn't have enough."**



- Find as many foods as you can that start with each letter of the alphabet**



- Smell at least three spices with your eyes open then try to identify them with your eyes closed**



- Use a cookbook to discover a new dish and draw a picture of it**



- Add a new ingredient to a familiar dish (example: cinnamon to yogurt)**



- Taste something new and fill in the tasting notes worksheet**



- Ask a grownup about their favorite food memory (tip: call an aunt/uncle/grandparent)**



- Create a restaurant, name it, design a menu and assign roles**



- Bonus: Write a letter or draw a picture and send to your favorite restaurant through mail or social media**

Once you're done, share a picture of your completed passport with **#MindOpenForkReady** then head over to:

KalamatasKitchen.com/PassportPrize



The ABCs of Kitchen Exploration

Find as many foods as you can that start with each letter of the alphabet. Write their name or draw a picture of them beside the letter. Kalamata thinks Al Dente loves finding things with the letter 'A'. And also 'B'. And 'C'. He loves them all. What can you find?

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z



Cookbook Creations

Open a cookbook and find a delicious new dish you've never tried. Now, draw a picture of it. Don't forget to include colors, textures and ingredients that make that dish special. Kalamata loves searching for things with bright colors.



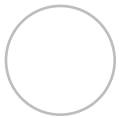


Tasting Notes

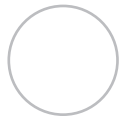
Find a food around your house you've never tried before and use all your senses to taste. Fill in notes below on what you think and make sure you try it twice!

What did you try?

What did it taste like? Is it more...

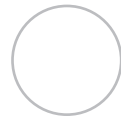


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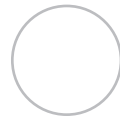


Sweet

Salty

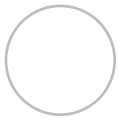


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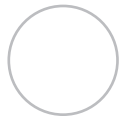


Crunchy

Soft

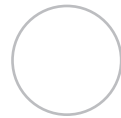


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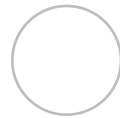


Juicy

Dry



Or



Creamy

Chewy

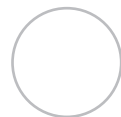


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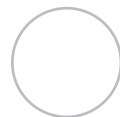


Sour

Sweet



Or



Fruity

Herby

What did you think?





My Very Own Restaurant

Create a restaurant all your own. What would you name it? What food would it serve?
Who would do prep, cook and clean? Show us below!

What's your restaurant name?

What's on the menu?



Who will be doing prep?

Who will cook?

Who will clean?



Dear _____ ,

(Psst! Write your favorite restaurant's name here!)

From _____

(Your name goes here!)