

# EMBRACING THE UNFAMILIAR

---

Sometimes our brains tell us what to believe without actually putting our beliefs to the test. In this activity, you'll explore the difference between actually experiencing something new versus relying on what you think you already "know." Even though it might be risky to try something new, it can provide greater opportunities—like tastier choices on the menu at a restaurant!

Choose something to eat that you've never tried before. It could be something you've seen before that you just never got around to trying, like plantains, or something more adventurous like dragon fruit (which isn't nearly as menacing as it sounds!). It could even be your friend's mom's cooking. **Once you decide where or what you're going to eat, fill in the prompt below.**



THE FOOD I'M GOING TO TRY IS:

WHY I HAVE NEVER TRIED THIS FOOD:

WHAT I "KNOW" OR HAVE HEARD ABOUT THIS FOOD BEFORE:

WHAT I THINK MY EXPERIENCE WILL BE WITH THIS FOOD  
ONCE I EAT IT: