




























I am a Jumpstarter: I eat healthy food

★	★ ★	★ ★ ★
 lemon	 cauliflower	 drumstick
 carrot	 brinjal	 mushroom
 cucumber	 bottle gourd	 spinach
 green peas	 cabbage	 bitter gourd
 onion	 capsicum	 fenugreek
 potato	 garlic	 beet root
 coriander	 beans	 snake gourd
 tomato	 lettuce	 broccoli
 lady's finger	 ginger	 sweet potato

**I
EARN
STARS**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Lot of positive behaviour can be inculcated in children through extrinsic motivation and appreciation. Motivation in the form of stars and appreciation through positive words can help children develop healthy eating habits.

Let's work together to ensure that our children eat vegetables!

Instructions to use the Appreciation Chart

1. The appreciation chart should be put in place where the child consumes his daily meals for e.g. on refrigerator or in dining area.
2. There are 3 categories of vegetables:
 - 1 star : these vegetables usually liked by all children.
 - 2 stars : these vegetable are liked by some but not by most children.
 - 3 stars : these vegetables are disliked by children but are the healthiest of all.
3. Every time a child eats the vegetable from the respective category you may give him those many stars.
4. Parents/Caregivers can use a marker to give these stars on a daily basis.
5. The stars can be erased using a wet cloth and the chart can be reused on a weekly basis.

Note: Similar charts can be made and used to instil positive behaviour like hygiene or inculcate right behaviour for other activities like tidying up the place after play etc.