

This sheet belongs to:

SUPER TASTERS

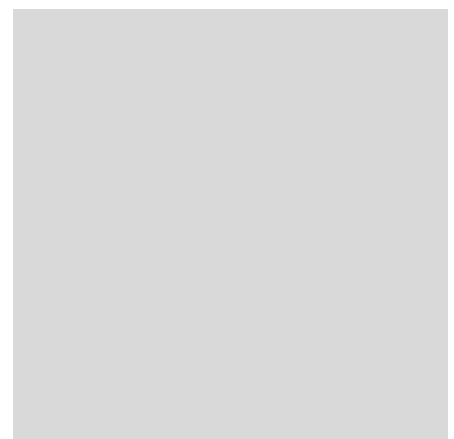
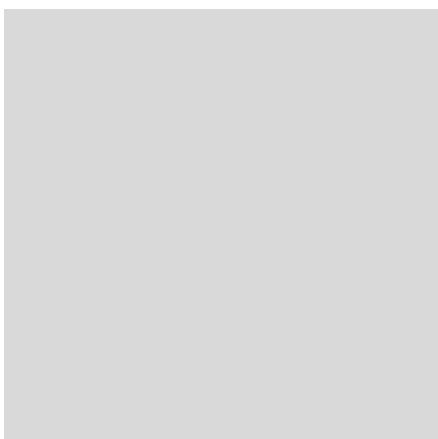
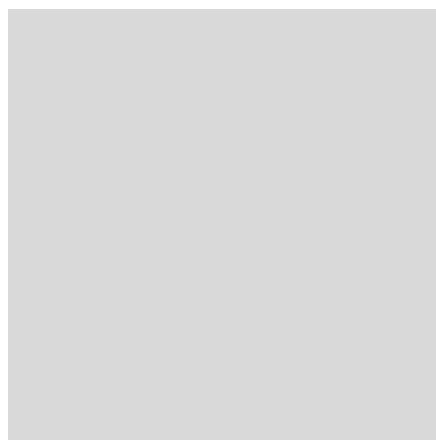
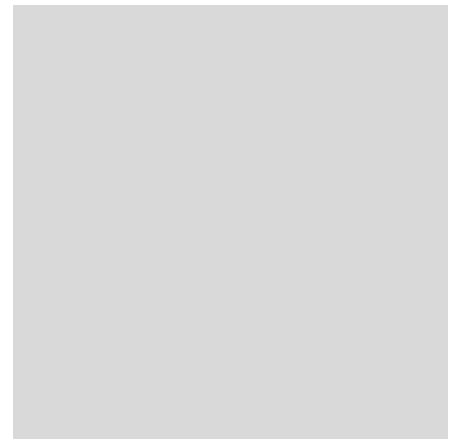
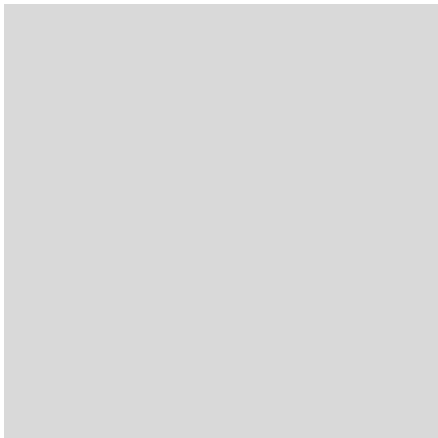
We use our tongues to taste food - as well as our noses.

Did you know that children have more taste buds than grown ups?

Draw a picture of the 5 foods your grown up has given you - or get them to write them down.

Taste them, and tell your grown up about them. Are they hard or soft, sweet or sour or salty?

What do they smell like? Do they taste different if you hold your nose whilst you eat them?



Note to grown ups

- The idea of this activity is to try new things, and a range of things. Foods don't have to be expensive or exotic. Include at least one familiar food in the 5.
- Let your little one explore, it's not an eating exercise, it's about sensory exploration. You could even let them cut soft foods with a child safe knife, if they are old enough. Join in the tasting!
- Don't react if they don't like the food - that's ok.
- And, don't worry if the pictures they draw don't look anything like the food!