

## THE TASTING GAME

*What you need: 5 different foods that fit inside a child's palm (apple slices, raisins or other dried fruit, oranges, lemon, cookies, popcorn, chocolate, etc.)*

We will use our senses for this game. We will try and be quiet during the activity and share our experiences only after we've eaten each food. To start you need to open your palm and close your eyes.

1. **Touch:** What does the food feel like in your hand?

Is it soft, hard, squishy, wet, dry, smooth or bumpy?

Is it cold or warm?

2.. **Smell:** Does it smell like anything?

3. **Taste:** Put the food in your mouth but don't take a bite yet!

First think about how the food feels? Can you feel a texture? Does the texture feel different when it's in your mouth compared to when you held it in your hand?

Now bite into it. Is it soft or hard? Is it crunchy? Wet or dry?

What does it taste like? Is there more than one flavour? Sweet?

Sour? Salty? Spicy?

4. **Talk:** Talk about your experience and ask how it felt to slow down and focus on the food and then try another piece of food.

