

MINDFUL TASTING

Our senses help us to understand the world around us. Go into your kitchen with your child and find foods* that correspond to the different categories below. When a food has been chosen, allow your child to mindfully taste it. Discuss the texture with them to expand their vocabulary. Ask them how else they could describe the food item.

*Be mindful of allergies and food intolerances.



SOUR

SWEET

GRAINY

CRUNCHY

SLIMY

SPICY

SALTY

SOFT

BITTER

WET

FRUITY

HARD

