

Senses Of Food – Activity Card

How do we use our senses? -

Around 75-95% of what we think we're tasting in our mouth, we're actually smelling with our nose. And we base up to 90% of our decisions of what to eat on what it looks like!

The way we taste food is maybe not how you thought either. Did you know that it takes at least 5 attempts of tasting food on different occasions to know if we like it or not?

The Challenge -

Have a go at trying different foods using just one sense - try it with something you like first and then something you don't like as much. Does it 'taste' different? Does one sense make you change your mind?

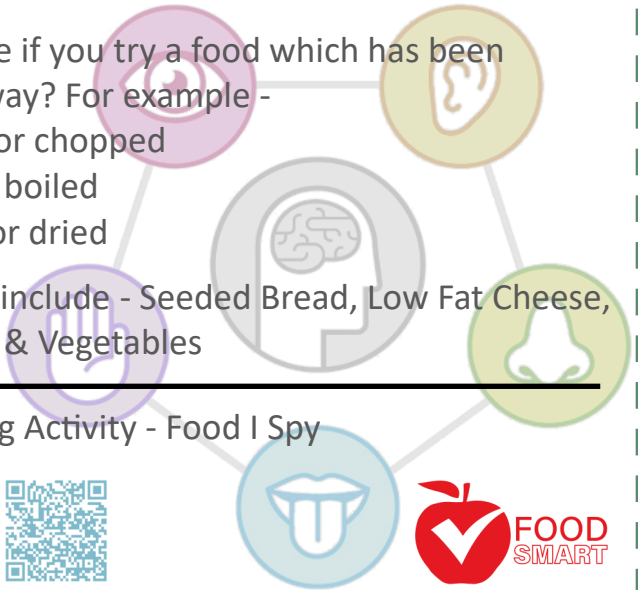
Try exploring new foods in the same way - do you try something that looks nice but you don't like the taste of or something that smells nice that looks like something you would never have eaten or tried before.

Does it make a difference if you try a food which has been prepared in a different way? For example -

- Sliced, grated or chopped
- Raw, grilled or boiled
- Tinned, fresh or dried

Good foods to try might include - Seeded Bread, Low Fat Cheese, Dried Fruits, Eggs, Fruits & Vegetables

Extension Home Learning Activity - Food I Spy



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Score (1—10)



Score (1—10)



Score (1—10)



Score (1—10)



Score (1—10)

Name of Food						
How was it prepared?						
Name of Food						
How was it prepared?						
Name of Food						
How was it prepared?						