

EXPLORING FOOD WITH YOUR 5 SENSES





Smell

- -How does it smell?
- -How does the cut-up version smell compared to the whole version?

Descriptive words:

- Sweet
- Fresh
- Citrusy
- Earthy

"The bowl of berries smells fruity and tart."



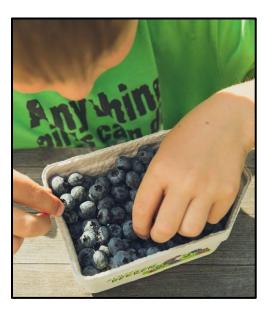
Sight

- -Does the _____ come in other colors?
- -Are these _____ cut, diced, cubed?

Descriptive words:

- Big
- Small
- Round
- Long
- Red
- Yellow

"This apple is a bright **red** color. But, apples can also be **green** or **yellow.**"



Touch

- -How does _____ feel in your hand?
- -Is it hard? Is it soft?

Descriptive words for texture:

- Soft vs. Firm/Hard
- Smooth vs. Rough
- Thick/Creamy vs. Watery
- Slippery vs. Sticky
- Chewy vs Crunchy

"Hummus is **smooth** and **creamy**."



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-How does ____sound like when you tap it?

-How does _____sound like when you bite it?

Descriptive words:

- Crunch
- Fizz
- Pop
- Bubble
- Sizzle

"I can hear the popcorn **popping** in the microwave."



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-This _____ is sweet and this ____ is sour. What do you think?

-How does this taste?

Descriptive words:

There are 5 types of tastes. Next to each of the taste types, list one food item corresponding to the taste.

1	_	Sweet	:		

2. Sour: _____

3. Salty: _____

4. Bitter: _____

5. Savory: _____

"This orange is so **sweet** and **juicy**."

