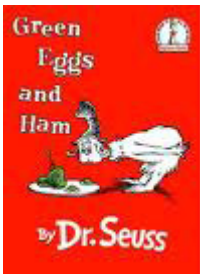


# Five senses Tasting party

## Let's play and talk together

- ❖ Invite your child to a tasting party.
- ❖ Offer several different foods to explore.
- ❖ Explore a new food one step at a time!
  - look at it
  - touch it
  - talk about it
  - lick it to taste it
  - put it in your mouth
  - chew it
  - swallow
- ❖ As you try each new food, talk about its colour and shape, how the food feels, how the food sounds and how it tastes.

## A good read-together book



**Green Eggs and Ham** by Dr. Seuss

You will need small amounts of a few new foods that your child might enjoy.

This activity is good for exploring tastes and textures and learning new words about food.



## Hints for success

- ❖ Include some foods that are familiar to your child. Try only one or two new foods at each tasting party.
- ❖ Allow your child to choose which foods to try from the foods you offer. If a child doesn't want to try a food, avoid making comments. Never force a child to eat.
- ❖ Show your child how to try a new food by taking small bites and slowly enjoying the feel and taste in your mouth.
- ❖ Teach your child a polite way to spit out a food he doesn't want to swallow!

What does this food  
smell like to you?

How does that feel  
in your mouth?

## Ways to say it

# More ideas for Tasting party

## Try this way

- ❖ Try foods in different forms, e.g. fresh and frozen bananas, grapes and raisins, cherry tomatoes and sun-dried tomatoes. Pick a theme for your tasting party - things that grow underground (like potatoes, carrots, turnips and beets), foods that cool you off on a hot day (like watermelon, cantaloupe or honeydew melon), or foods with similar names (like spaghetti and spaghetti squash).
- ❖ Try yogurt or salad dressing as dips for new foods.
- ❖ Invite some friends to come to the tasting party. Talk about which food each person likes best.

## Early literacy

Make a chart showing the crunch range for different vegetables or fruit from most quiet to loudest.



## Safety tips

- To prevent choking, cut foods into  $\frac{1}{4}$  inch pieces for children under 12 months, and into  $\frac{1}{2}$  inch (1 cm) pieces for children 1 to 4 years old.
- If your family has a history of allergies, introduce one new food at a time to your child. Watch your child for signs of allergy such as vomiting, hives, swelling, itchy lips or throat or a hard time breathing.
- If your child is having a hard time breathing, call 911 right away. For more information on allergies, call HealthLink BC (811) or visit [www.anaphylaxis.org/content/whatis/qa.asp](http://www.anaphylaxis.org/content/whatis/qa.asp).