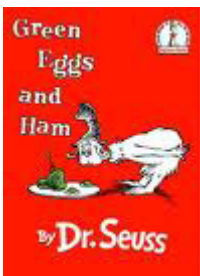


Five senses Tasting party

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.