

Cumbria County Council

## What can I do today?



This week it is ...our senses

### Friday

#### Taste

- Choose a variety of foods to taste (**check for any allergies**) e.g. chocolate, apple, banana, pear, raisin, orange, bread stick, cheese, carrot, broccoli, anything that you think your child might like to try...
- Chop them up into small bits so that your child is less likely to identify them by looking.
- Put each food sample into small containers, you could use a cupcake /muffin tray or little pots.
- Explain to your child you are going to be doing a tasting game. See if your child is happy to wear an eye mask to do the activity or just close their eyes.
- Start with something you know your child loves to eat.
- See how many they can guess.
- Now you have a turn, no peeking!