





Children as terrific tasters

- After learning about fruit and vegetables it can be fun to bring foods into the class for children to try. Children can become "food experts" for the day where they rate foods for their look, feel and tastiness and learn about the sensory properties of foods in a fun way.
- Often children will be happy to try new foods in school in a fun setting away from the dining room, especially if they know that they do not have to eat them.
- For this task it is easiest to use easy to prepare vegetables such as tinned sweetcorn, chopped red or yellow pepper, carrot sticks, pieces of pineapple etc. Although you can use any fruit or vegetable that you would like!
- Encourage children to talk about the sensory properties of food: what does it look like, what does it feel like, what does it smell like, does it taste like you thought it would?
- Below is a table that you might find helpful for the children to use, this can be adapted according to the vegetables that you use:

	Look?	Smell?	Taste?
 Sweetcorn			
 Carrot sticks			
 Red pepper			
 Tomato			

