



## The Tasting Game

Teachers: See reproducible master below and then follow these instructions.

Children who develop healthy attitudes about trying new foods are likely to choose a varied diet. Help your students to become more adventurous tasters by playing the Tasting Game. Ask students to talk about how they can use their senses to explore food. Can you taste the food? See the color and shape of the food? Smell the aroma of the food? Feel the texture of the food? Hear the sound of the food being eaten? Students can play the Tasting Game in small groups, moving from space to space and describing one food that fits each description. Then have students describe their favorite foods, giving them ten points for each word they use.



# The Tasting Game

Each game square below has a different description of a food. See if you can think of at least one food that meets the description in each section.

**CRUNCHY**

10 points

**YELLOW**

10 points



**SMOOTH & SWEET**

20 points

**RED & ROUND**

20 points

**SPICY & HOT**

20 points

**SALTY**

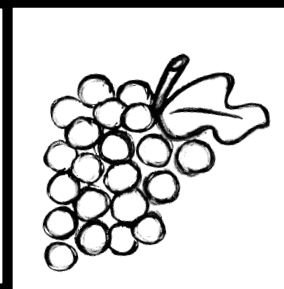
10 points

**DRY**

10 points

**LIQUID & WHITE**

20 points



**TART, PINK & WET**

30 points

There are many ways to describe foods, they include:

**Taste** Sweet, tart, bitter or salty

**Texture** Crunchy or smooth

**Moisture** Dry, wet or liquid

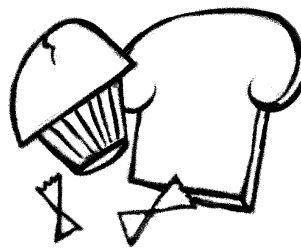
**Shape** Round, square, triangular or oval

**Intensity** Spicy or bland

**Temperature** Cold, lukewarm or hot

**Color** Red, green, yellow, purple, etc.

**Size** Small, medium or large



**GREEN, SMALL & SWEET**

30 points

**BONUS: Name your favorite food**

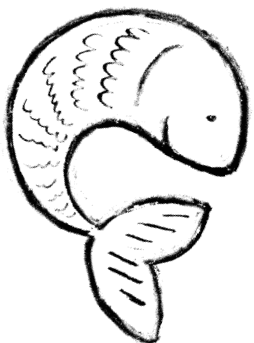
score 10 points for every word you use to describe your favorite food

**CRUNCHY, GREEN & COLD**

30 points

**BLAND, BROWN & SQUARE**

30 points



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**TOTAL**

