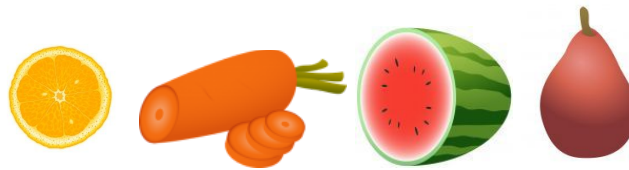


Nutrition Education from the Salmon Center

Fresh Food Tastes

Ages 6+



Materials:

- A variety of fresh fruits and vegetables, ready for eating
- Pencil
- Attached Food Evaluation

Instructions:

1. Taste one food. (Want an added challenge? Wear a blindfold while tasting each food and guess what it is.)
2. Think about how you'd describe it to someone who has never seen or tasted it before. Use all your senses!
3. Fill out the evaluation chart for your first food. What descriptive words can you use? See below for examples to help you get started.
4. Repeat with your remaining foods.
5. Which food was your favorite? Your least favorite? Why? Try to describe the difference between what you thought was good and what you didn't like.

Descriptive Word Examples:

Sweet
Sour
Spicy
Crisp
Crunchy
Bitter
Hard
Soft
Lumpy
Dry
Moist
Chewy
Yellow
Smooth

These are just a few examples to get you started - think up more on your own!

Food Evaluation

Name of Food and Visual Description	Flavor Description	Texture Description	Did you like it? Why/why not?