

## What's that vegetable or fruit?

### Putting taste buds to the test

How well can your child/ren identify what they are eating? Why not put their taste buds to the test. This activity gets children to mindfully taste, smell and describe what they are eating, it is also a great way to introduce new fruit and vegetables into their diet too.

- Gather a range of fruit and vegetables, some your kids like and know, and some new vegetables.
- Blind fold your kids and ask them to touch & smell each vegetable/fruit whole. Ask them to describe the sensation and try to guess what it is.
- Then cut up vegetables/fruits and ask your children to taste the vegetables/fruit and describe the taste and texture. See if they can guess what they are eating. Depending on what vegetable/fruit you choose you might like to prepare it in a few ways and get them to taste the different forms eg. a carrot could be raw, steamed or roasted. Each method will have a different taste and texture.
- If your children will be tasting new vegetables or fruits you may like to have a rejection/dislike bowl just in case they really don't like that taste.

