

TASTE TIME AT HOME

Use placemat at meal times or as a taste-testing activity. There is no wrong way to use it however some children may be more willing to try a food if you work through it in the following order:

Some ideas on how to use this placemat



1

Sit with children/child at table, encourage them to put the food or meal in the middle of the placemat or draw a picture of it.

2

Start by looking at the food. Work through the different options with them. Ask them questions about how it looks, and encourage them to fill out the 'look' section or talk about the food.

3

Next work through the 'smell' or 'touch' section (it doesn't matter which one). Some children may prefer to smell it before they touch it. Some children may prefer cold or hot foods.

4

Finally finish with the 'taste' section. Some children may not want to put the food in their mouth and that's okay. They may be willing to touch/pick up the food. You can encourage them to 'kiss' the food by placing it to their lips.



Role model where possible. Children are more likely to explore or taste a food if someone they trust is trying it too.



Never force a child to taste or try a food. This can create bad feelings towards a particular food, which can last a lifetime.

Ways to encourage tasting new foods or foods they won't try:

Work together:

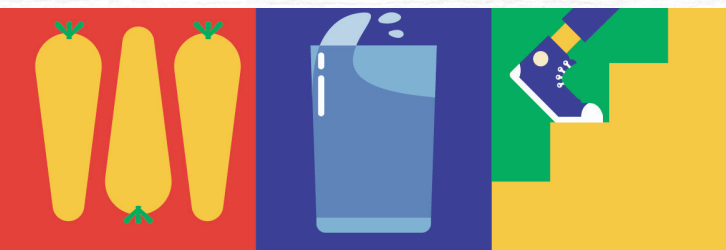
- Cook and prepare meals and snacks together.
- Shop together and explore the different types of fruit and vegetables.
- Grow some herbs, fruit or vegetables together.

Get creative:

- Prepare and try foods in different ways; cooked, cold, raw.
- Cut foods into different shapes.
- Have a range of different colours.
- Put meals on a plate in different ways. Try the food together, separate or on platters to pick and choose.

Family focus:

- Avoid distractions, turn off screens and put away toys.
- Eat together and talk about what you have done in the day or what is planned for tomorrow.
- Talk about what you like about the food on your plate.



TASTE TIME AT HOME

Use this poster together to explore new foods. Mix it up and see if you can try fruit and vegetables in all colours of the rainbow.

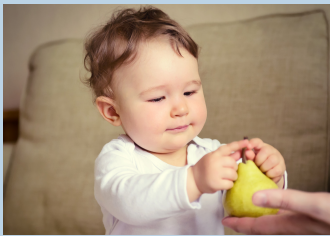
Did you know?

It takes over 14 times of trying foods in different ways to decide if you like it.



Look

- What colour is it?
- What shape is it?
- How could it be eaten?
 - Cooked
 - Raw



Touch

- How does it feel?
 - Furry
 - Rough
 - Bumpy
 - Spikey
 - Smooth



Smell

- Does it have a smell?
- How does it smell?



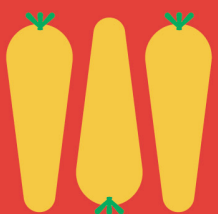
Kiss

- Touch to lips

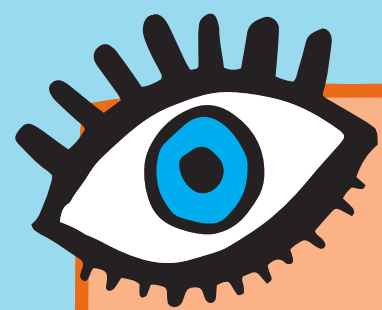


Taste

- Is it?
 - Sweet
 - Sour
 - Spicy
- When eating it, is it?
 - Soft
 - Lumpy
 - Crunchy















HEALTHYEATING
ACTIVE LIVING



LOOK

size **BIG** MEDIUM small

shape      ?

colour       

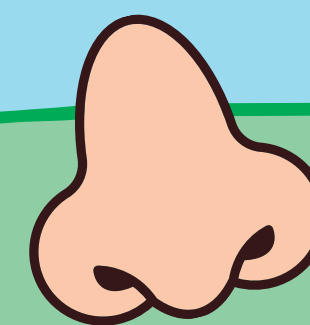
What do you think?



TASTE TIME

Today _____

is trying _____



SMELL

☐ BIG SMELL

☐ Little SMELL

☐ no SMELL



What do you think?



Draw
or put
food
here

TOUCH



☐ Soft 

☐ Cold 

☐ Hard 

☐ Smooth 

☐ Warm 

☐ Dry 

☐ Bumpy 

☐ Wet 


What do you think?





TASTE




Is it?


☐ Sweet 


☐ Salty 


☐ Sour 

☐ Spicy 

When I eat it, it is?

☐ Soft 

☐ Lumpy 

☐ Crunchy 

What do you think?



I thought this food was:



Yum! I want to eat this again.



Hmm? I think I need to try this again another day.



I am not sure. Maybe I could try this cooked/prepared in a different way.