

Sense of Taste

Sensory Game

What can you tell using your Sense of Taste? This entertaining sensory game is lots of fun and uses materials you may already have around your home.

Warning: make sure that children with food allergies are not exposed to any foods that pose a threat to them.

Remember, it's always a good idea to practice at home first!

Suggested Materials:

- ❖ 5 x common foods with various contrasting flavours eg: apple, popcorn, raisins, potato crisps, watermelon
- ❖ 5 x small coloured plastic containers with lids (ie. not clear containers)
- ❖ 1 x blindfold or sleeping mask (to fit a child)
- ❖ 1 x small prize eg. novelty eraser (optional)

Suggested Instructions:



Step 1: At home, place 4 bite-size pieces of the same food into each container eg. 4 bite-size pieces of apple in one container, 4 bite-size pieces of banana in another container etc.



Step 2: At school, pick 4 children in the class to take turns tasting the contents of each container with the blindfold on. The blindfold must be securely in place!



Step 3: After all 4 children have tasted the contents of each container ask them, individually, to try to name the items they tasted using their **SENSE OF TASTE**.



Step 4 (optional): The child who correctly names the most items first wins.