

THE SENSORY FOOD GAME



Teach your kids more about food by setting up a game that tests their senses!

1

Collect a variety of foods that have a unique **FEEL** (e.g. kiwifruit, peach, jelly, ice cube, avocado, egg, mushroom, crackers, bread) - don't let your kids see what you've got!

2

Put a blind fold on your kid/s.

3

Hand them a food, and ask them to describe what they feel - is it cold or warm? Is it hard or soft?

4

Get them to take a guess at what the item is - write it down, and then move onto the next food.

5

Once your kid/s have taken a guess of what each of the food items are, reveal the items and go through with them what they guessed, and if they were correct!

Repeat these steps with foods that have a unique **TASTE** and **SMELL**.

e.g. **TASTE**: strawberries, lemon, carrot, cereal, leafy greens, cheese, bread.

e.g. **SMELL**: orange slice, peanut butter, mint, mango, bread, garlic, pepper.

