



Tasting

How to taste

- Wash and dry your hands carefully
- Think carefully about the food you are tasting
- Use interesting words to describe what it is like



How to taste

- Use a tissue if you need to remove a food from your mouth
- Have a sip of water between tasting different food, to clear your mouth



How to use your senses

Use all your senses for tasting:

- Eyes - look
- Nose - smell
- Hands - feel
- Mouth – taste and feel



Word bank

Here are some words you could use to describe the food you taste.

| | | |
|-----------|---------|---------|
| Bright | Creamy | Chewy |
| Bumpy | Earthy | Crisp |
| Colourful | Fresh | Crunchy |
| Hard | Powdery | Fruity |
| Mild | Strong | Lumpy |
| Watery | Yeasty | Smooth |

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For further information, go to:
www.foodafactoflife.org.uk