



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