

# TastEd

PARENT BOOKLET



# WHAT IS TastEd?



**I'm scared to eat new food in case I don't like it.**

An 8-year-old before a TastEd activity

TastEd is about trying fruit and veg using  
*All the Senses*

In this booklet you will find 5 TastEd activities.

**These activities will help you and your child explore different fruits and vegetables using all your senses.**

Simple, fun games like these capture children's curiosity whilst building familiarity with new or disliked foods.

TastEd happens away from mealtimes to allow children to have fun with food.

Parents and adults are powerful role models for children... so make sure you join in the fun too!

Children can worry about trying new foods, or something they dislike. Our approach allows children to talk about their dislikes and acknowledges we are all different. Our golden rules give children the freedom to try new foods in a new and playful way, by using the 5 senses, taking small steps to tasting new foods.



**I tried the radish and it was super spicy...But I survived!**

A 6-year-old during a TastEd activity

**My child, who is a regular refuser of food at mealtimes, tried everything and went back for more,**

Parent of a 4-year-old after doing TastEd activities

# THE GOLDEN RULES

There are two golden rules that are very important in helping children trying new fruit and veg



**No one has to try**

**No one has to like**



These rules may feel a bit odd when trying to get children to try new foods. But they really do help. They remove the expectation to try something and allow children to use their curiosity to engage their senses.

# QUESTIONS

During the activities, it's great to have discussions about what the fruit and vegetables look, sound, smell, feel and taste like. Asking open questions helps children to think differently about fruit and vegetables.

-  What does it look like?"
-  "What does it remind you of?"
-  "Does it look similar to anything else?"
-  "How does it feel to you?"
-  "Can you describe what it sounds like?"
-  "How are these different?"
-  "How does it taste?"
-  "What sounds can you hear?"



# WORD BANK

Here are some words that might help during the discussions about each of the senses, however, it's important to remember there are no right or wrong answers.

small shiny  
colourful  
round *See* smooth  
big  
uneven

crispy  
rustly  
squelchy  
crunchy *Hear*  
loud  
cracking

stinky leafy  
fresh *Smell* strong  
rich sweet  
zesty floral

waxy  
dry crinkly  
soft *Touch* spongy  
leathery bumpy  
ridged

bitter watery  
salty earthy  
sharp *Taste* sweet  
sour tart

# See

Sight is the least invasive sense AND it's the one we use most. Just looking at food is a great first step to becoming familiar with a new fruit or veg.



## Eye spy!



Select a fruit or vegetable – say carrots – and find a few that look different. You could get normal carrots, tiny chantenay carrots and ones with their green tops attached. Or you could get one of each apple in the shop, a braeburn and a granny smith. Or look in a punnet of fruits, such as strawberries and find big, small and funny shaped ones. Difference is key.



Simply look at the food you have selected. What colour or shape is it? What does it remind you of? Does it have any patterns? Are they all the same?



Remember the TastEd golden rules... No one has to try and no one has to like. Use all your senses to smell, look, touch, taste, and listen and licking counts!



Now you can have a try together. Cut up some of the fruits or vegetables and explore them using your senses.

# Hear

Thinking about how hearing impacts our food experience is something your child may never have considered before.



## Which is the loudest?



Get a selection of different vegetables and try and find the one with the loudest crunch.



Listen to the vegetables being chopped on a board. What do they sound like? Which was the loudest?



Remember the Tasted golden rules... No one has to try and no one has to like. If you want to taste the food try breaking it near your ear to hear what it sounds like. Use all your senses to smell, look, touch, taste, and listen and licking is allowed!



Now try eating some. Which crunches the loudest in your mouth? Try with your hands over your ears.

# Smell

'Flavour' happens mostly in the nose, not the mouth. Children can explore this by holding their nose whilst trying different foods.



## Sniff sniff!



Find a few fruits, vegetables, herbs or spices which have strong smells such as lemons, mint, cumin, cinnamon and fennel.



Take some empty, clean jars or containers and place a different food in each one. Cover with tin foil so you can't see what's inside. Prick a few holes in the top of the jar so you can smell the food.



**Sniff!** What does it remind you of? What does it smell like? Is it strong, weak, fruity, spicy?



Remember the Tasted golden rules... No one has to try and no one has to like. Use all your senses to smell, look, touch, taste, and listen and licking counts!



Now you can have a try together. Cut up some of the fruits or vegetables and explore them using your senses.

# Touch

This is our biggest sense. The feeling of food in our mouths is called texture. Often, when children say they hate the taste of food what they really mean is the texture.



## What's in the sock?



Hide some whole fruits and vegetables in some clean socks without your child seeing.



Ask your child to put their hand inside the sock and describe what they can feel? What shape is it? Is it soft or hard? Smooth or bumpy?



Now you can have a try together. Cut up some of the fruits or vegetables and explore them using your senses.



Remember the Tasted golden rules... No one has to try and no one has to like. Use all your senses to smell, look, touch, taste, and listen and licking counts!

# Taste

Try to do the taste activity last. After using all the senses, your child may have built up confidence with new fruits and vegetables



## Citrus sweet and sour.



Some citrus fruits are sweet and some are sour.



Show your child a range of citrus fruits. Choose from lemons, limes, grapefruits, oranges, satsumas, clemintines or blood oranges. Now taste a small slice. Can you notice any different tastes from each of the different fruits?



Remember the Tasted golden rules... No one has to try and no one has to like. Use all your senses to smell, look, touch, taste, and listen and licking is allowed!



Describe how the fruit tastes; 'The lemon was super sour'. 'The orange was sweeter than the lemon'

Here's a space to write down the different fruits and vegetables  
you've tried whilst doing TastEd activities.

*Fruit and vegetables*

*I've tried...*



# BOOK LIST

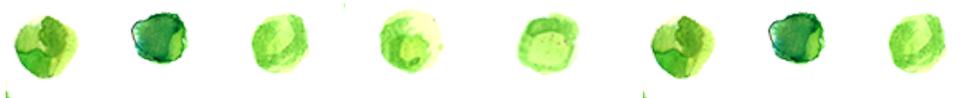
Here are some lovely food-themed books that can accompany any of the TastEd activities.

## For 3 to 5 year olds:

- Owl at Home *by Arnold Lobel*
- Bee-bim bop! *by Linda Sue Park*
- Ant and Bee and Kind Dog *by Angela Banner*
- Handa's Surprise *by Eileen Browne*
- Lemons and Vinegar *by Grampa Beesley on YouTube.*
- Pumpkin Soup *by Helen Cooper*

## For 5 to 8 year olds:

- Eat Your Peas *by Kes Gray*
- Chop, Sizzle, Wow: The Silver Spoon Comic Cookbook
- Milly Molly Mandy's Autumn *by Joyce Lancaster Brisley*
- Where on Earth is My Bagel *by Frances Park*
- Katie's Cabbage *by Katie Stagliano*
- When Grandma Gives you a Lemon Tree *by J. Deenihan*



We'd love to hear how you found the TastEd activities, share your experiences with us by email or share on social media.

*TastEd*

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