

Curriculum Share
DRDP Measure: Nutrition
Age Group: Toddlers-Preschoolers



Taste Test

A great way to introduce your child to new fruits and vegetables is to do a taste testing! Gather a variety of fruits & vegetables and have your child dictate to you what they tasted, how they liked it or did not like it, and what they observed (*How does it taste? Is it sweet or sour? How does it feel?*).

Document your child's observations on the Taste Test Recording Sheet.

Taste Test Recording Sheet

Name: _____

I Tasted...			Observations

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Click on the image above for the printable.