

## Activity Share: **The Tasting Game**

Age group: Preschool Age

The tasting game is simple. Line up some little bowls and put a different ingredient into each one. A great start is salt, pepper, lemon juice, honey, and turmeric. This gives very dramatic contrasts between salty, spicy, sour, sweet, and bitter.

Developing your child's palate is one of the greatest gifts you can give them when it comes to cooking. It helps them learn to recognize what flavors they love and which ones they don't. They can also learn to like new flavors as they get older.

<https://eatingrichly.com/tasting-cooking-games-for-kids/>

