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.

Click on the image above for the printable.