

Activity 1 – Food exploration using our senses

In this activity, we are going to learn and understand how to use our senses in the lead up to eating a food. This activity can help adults imagine trying something new for the first time, just like many children.

Coriander has been used as an example, as people often have strong taste preferences. However, you can use any food you like, such as a fruit, vegetable, or herb you have never tried before or don't really like to eat.

Did you know?

For adults, eating is a 2-step process:

1. sit down at the table
2. eat

For many children, when trying a new food, they are also:

1. learning to sit at the table
2. learning to use utensils
3. learning to feed themselves
4. experiencing the different senses of foods
5. talking and answering questions
6. processing distractions and interruption

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or email heas@nutritionaustralia.org.au

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Question 1

Complete the table below using the food you have chosen.

Note: Take your time while answering each of prompts relating to the sense. Really try to think about what you are experiencing with this food.

Example	Senses	Descriptors	Your experience
	<p>Visual</p> <p>What does the food look like?</p>	<ul style="list-style-type: none"> • Colour • Shape • Imperfections • Brightness 	
	<p>Touch</p> <p>What does the food feel like?</p>	<ul style="list-style-type: none"> • Soft • Hard • Brittle • Cold 	
	<p>Smell</p> <p>What does the food smell like?</p>	<ul style="list-style-type: none"> • Fruity • Fresh • Earthy • Floral 	
	<p>Taste</p> <p>What does the food taste like?</p>	<ul style="list-style-type: none"> • Sweet • Salty • Spicy • Sour 	
	<p>Sound</p> <p>What can you hear when you're eating/chewing?</p>	<ul style="list-style-type: none"> • Crunchy • Crackle • Loud • No sound 	