



## Combine Taste-Testing with Charting

- ◆ Tasting with three- to six-year-olds: Offer three or four items to taste. Pass around the first sample and let children touch, smell, and look at their pieces until everyone is ready to taste. Then offer children the opportunity to taste the food by chewing and swallowing. Now, talk about the food, how it tasted, and how it felt in the mouth. Focus on the tasting process and on finding words to describe what foods taste like.
- ◆ Charting with older preschoolers: When all items have been tasted, graph the group's favorites on a chart (see example below). Label the top row with the foods. Then give each child a paper name tag (Post-it notes work well too). Children take turns placing their names under the food item they like best. Discuss the completed graph.

Our Favorite Bread			
pumpernickel	white	rye	wheat
9A7 Mrs Brown	Jessie Ian	Joe Smith	Carloz SetH ANN