



The Taste Test

Directions

1. Make up index cards that say salty, sweet, sour, and bitter.
2. Give your child an example of a food from each area.
3. Then have them try other foods you have gathered and put into one of the categories.
4. As they try new food you can talk about their taste.

Ideas for Food Area

Salty

salt
baking soda
pretzels
potato chips

Sour

dill pickle
lemon
vinegar

Sweet

sugar
cookies
fruit
honey
cake
ice cream
sweet pickle

Bitter

cream of tarter
unsweetened chocolate
basil leaves