



**Resource:** Resource 12 – Taste test  
**Text:** This resource explores food tastes. You can use the table to do a taste test of foods that are available in your own house already. E.g. Could you blend old fruit into a smoothie, how does it taste? It involves literacy skills and health and wellbeing.  
**Suitable for:** P1-P3  
**Approximate time:** 20 minutes  
**Curriculum links:** HWB 0-30a  
**Meta-skills:** Innovation: Curiosity, Sense making. Self management: Adapting.


**Sustainable Development Goal links:**



# Taste Test

Use the table to do a taste test of foods that are available in your house.

We've done one food 'form' to start you off. What else will you add?

Food 'Form'	What does it taste like?	don't like	like
 Fruit		