

Conversation Starters for Growing Good Tasters

Teach children to explore new foods using all of their senses. Offer a pea-sized sample of food. Then, use the following questions to get a conversation going. Let the exploration begin!

Taste

- Is the food salty, sweet or spicy? Is it sour like a lemon?
- Does it taste like anything you've ever tasted before?

Vocabulary Builders: acidic, bitter, bittersweet, bland, buttery, cheesy, fruity, garlicky, lemony, mild, nutty, plain, peppery, savory, salty, sweet, sour, sugary, spicy, tart

Texture

- Is the food crunchy? Is it easy or difficult to chew?
- Does the food feel smooth, or lumpy? Does it break into a zillion little pieces?
- Does your mouth feel dry or wet as you chew?

Vocabulary Builders: al dente, creamy, chewy, crisp, crumbly, crunchy, dry, fizzy, flaky, gooey, greasy, lumpy, moist, mushy, rubbery, silky, slimy, soupy, sticky, tender

Aroma

- Is the food very smelly, kind of smelly, or not at all smelly?
- Does the smell make you want to eat it?
- Is the smell sweet or spicy?

Vocabulary Builders: aromatic, briny, burnt, fragrant, fruity, heady, lemony, mellow, odorless, overpowering, perfumed, pungent, rancid, ripe, sweet-smelling, strong

Appearance

- What color is the food? Is the food bright or dark?
- Is it pretty or does the food look weird?
- Does it remind you of something?

Vocabulary Builders: appetizing, bright, colorful, crumbly, dull, fancy, firm, flat, fragile, heavy, juicy, light, lumpy, mottled, plain, shiny, smooth, stringy, tasty, wet, whipped

Sound

- Does the food make any noise when you squash it?
- What sound can you hear when you add a liquid?
- Is there a fizz or a pop?
- Is there a sizzle when it cooks?

Vocabulary Builders: bubbly, crackle, crinkle, crunch, fizz, gurgle, hoot, jangle, knock, ping, plop, rattle, rustle, sizzle, slosh, slurp, splat, swish, thud, tinkle, whack, whistle

Temperature

- Does the food feel really hot or only kind of hot? Cold or really cold?
- Does the food feel the same temperature as your mouth?

Vocabulary Builders: broiling, chilled, cold, cool, hot, icy, lukewarm, mild, melting, roasting, room temperature, scalding, steaming, tepid, toasty, warm, warmish



After You've Grown a Good Taster You Can Start Serving New Foods at Meals

- ★ **But**, continue using the tasting method for exploring these new foods.
- ★ **And**, make sure there is *always* something else on the table your toddler will *easily* eat.