



Fruit Tasting

1 year to 2 years

Objective: The child uses their sense of taste to try new fruits.

Materials needed:

Remember: Only use fruits that your child is not allergic to, if any

Fruits to use, but not limited to, include:

Bananas

Strawberries (cut up into small pieces)

Melon (cut up into small pieces)

Diced pears

Taste Testing Graph (printable)

Procedures:

1. Place your child in their highchair for this taste testing activity.
2. Give them one of each piece of fruits as listed above.
3. Point to each and say its name to your child, so they learn the fruits name to build language development. Ask to "say" the name with you.
4. Have your child try the fruits one at a time.



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5. Record their reactions to each fruit on the graph.

6. While they taste each, use describing words for them to begin to build understanding of how it tastes and feels like in their mouth. Say the name of the fruit again to your child, in order to help build their association of what it is.

7. Keep the graphs in their baby book as a cute, activity keep sake! Don't forget to write the date on it!

Milestones to meet:

The child shows reaction to different flavor and textures of fruits when eaten.

Evaluation:

Did this lesson work for your child? Why or why not?