



# Science Taste Test

## 1 year to 2 years

**Objective:** The child begins to use their sense of taste to experience different flavors and textures.

### Materials needed:

\*Please Note: Only use foods or liquids for this activity. Only use things that your child is NOT allergic to; or developmentally safe for them to eat/drink to eliminate choking\*

Taste testing foods/liquids may include:

Applesauce, sweet potatoes, water, apple juice, pinch of sugar, lemon wedge, bread/cracker, & peas

Taste Test Graph (printable)

### Procedures:

1. Allow your child to try small servings of the following food/liquid items. You can choose to do all or only a few. If you can think of other things you have in your pantry or fridge that may be salty, sweet, sour, or bland for your child to try (and they are safe and non-allergic), please feel free to do so.



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2. Use the science experiment graph you printed to record their expressions and result findings.
3. This is a great activity for children to try new things, see what kinds of foods and liquids they like or do not like, and graph your results. Keep these in their baby book; what a creative, great keepsake item to enjoy re-visiting in 10 years =)

### **Milestones to meet:**

The child uses their sense of taste to try new foods/liquids and shows expression to different flavors or textures.

### **Evaluation:**

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