

Essential ingredients for healthy development

SENSES

Taste

We use our tongues to taste. Taste can also be impacted by smell, texture and temperature. This is why we may lose our sense of taste when we have a blocked nose. We learn to identify different tastes (sweet, sour, bitter, salty and umami).

Activity ideas



Play,
movement
and time
outside

➔ Learn about what wild plants can be sampled. The following websites give some guidance:

- » tuckerbush.com.au/
- » www.australiangeographic.com.au/topics/science-environment/2017/08/edible-australian-flora

➔ Grow your own edible garden or visit a community garden

➔ Explore crunchy and smooth textures in nature. Food that is crunchy can help strengthen muscles around the mouth.

Make it easier

- Start with a few familiar tastes that you know your child likes and add to it. Often children need to taste something many times before liking it, so lots of repetition is sometimes needed.

Add challenge

- + Explore taste without sight.
- + If your child is game, you could try eating edible plants and flowers based on smell.