

What is a Food Adventurer?

**A Food Adventurer tastes new foods.
These include vegetables and fruits
that are part of a healthy diet.**

We are going to try foods using four of our five senses:



◀ **Our Eyes**
(sense of sight)



Our Nose ▶
(sense of smell)



◀ **Our Hands**
(sense of touch)



Our Mouths ▶
(sense of taste)

Take a food adventure into mindful eating. To appreciate the experience of eating become aware of how all your senses are involved in the taste.

Directions: Select one or two foods you have in your kitchen like a slice of fruit a vegetable. Use the **Food Adventurer Adjective worksheet** to record the things you noticed about the food when taking time to use all your senses.

In the left column write, the names of each food you are going to taste and then use the steps below for each food one food at a time.

1. Look at the food then write words that describe how it looks such as color, shape, texture in the second column.
2. Place the food item between your fingers and feel the texture, temperature and ridges. Notice if you have any thoughts, or reactions to the texture of the food. What words describe the feel of this food? Smooth, sticky, wet, bumpy.... Record your reactions on the worksheet.
3. Next, take the piece of food and smell it with your full awareness. Notice if you have any memories connected with this smell. Even before you eat it, you might also notice that you have a digestive response (does it make your mouth water?) to the smell of the food. Use adjectives to describe the smell or memories that come to mind.
4. Place the piece of food in your mouth but without chewing or swallowing it. Just allow it to be in your mouth, roll it around to different parts of your mouth and tongue. Notice the flavor and texture. Use descriptive word to record what you notice. Is it soft, crunchy, chewy, mushy or something else?
5. Now take just one bite and notice the flavor and if the texture of the food changes. Then very slowly begin to chew your piece of food, and notice the parts of your mouth that are involved in chewing. Notice how chewing is changing the texture and flavor of the food. Use descriptive words to record the taste.
- 5) When you are ready, swallow this bite and think about the path that it follows from your mouth and throat into your stomach. Do you notice any sensation or taste lingering in your mouth?

Did it taste better than usual? Did you notice anything about the food you did not notice before?

Growing Healthy Kids

Food Adventurer Adjectives Worksheet

I tried a new food!

The food I tried was:	Looks like:	Feels like:	Smells like:	Tastes like: