

SENSES

How does the food taste?

What does it sound like when you chew it?

Is it crunchy, sticky or creamy?

Does the food feel hot or cold?

What does it smell like?



TEXTURE

WHAT ARE THE DIFFERENT TEXTURES ON YOUR PLATE?

Texture is how food feels when you touch it or chew it. Compare the hard, crunchy texture of an apple slice to the soft, easy-to-mash banana. So by texture we mean how hard, crunchy, gooey, creamy, or grainy the food is.



COLORS

WHAT DIFFERENT COLORS DOES THE FOOD ON YOUR PLATE HAVE?

Are they shiny, matte, wrinkled, dark, light, multi-colored?



**WHICH COLORS LOOK THE TASTIEST?
WHICH ONES LOOK THE HEALTHIEST?**



WHAT DIFFERENT SHAPES DOES THE FOOD ON YOUR PLATE HAVE?

SHAPES

Rectangular, square, round, flat, sphere, oblong, like a jump rope, ball, tree?

