

# LET'S BE FOOD SCIENTISTS

Today we will explore foods in a new way!  
While you eat, try and describe the food.



## How does the food look?

What color or colors is it?  
What shape is it?  
Is it big or small? Would you need to bite it to fit in your mouth?  
What does it remind you of?



## How does it feel?

Is it hard, soft, or squishy?  
Is it bumpy or smooth?  
Wet or dry?  
Does it crumble when you squeeze it or mush together?



## How does it smell?

Does it have a smell?  
Is it a strong smell?  
What does it remind you of?



## How does it taste and feel in your mouth?

Do you feel liquid in your mouth? What flavors do you taste?  
Is it sweet, salty, sour, spicy, or bitter? Tangy?  
Is it hard or easy to chew?  
Is it crunchy, soft, or squishy?  
Does it stick to your teeth, tongue, or cheeks?  
Do you feel crumbs all over your mouth?