



Tasting Worksheet

Directions: Draw and label the food. Draw your face when you eat it. Use your senses to describe the food. Write your opinion about the food.

FOOD	YOUR FACE when you eat it	ABOUT THE FOOD
		It looks _____ It feels _____ It tastes _____
		It looks _____ It feels _____ It tastes _____
		It looks _____ It feels _____ It tastes _____
		It looks _____ It feels _____ It tastes _____

For more information and additional resources, visit: <https://DairyCouncilofCA.org>



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Let's Eat Healthy®

An initiative of Dairy Council of California



SENSES:



Hear:
snap, pop,
crackle, crunch



Touch:
bumpy, smooth,
hard, soft, dry, wet



Smell:
strong, mild,
salty, sweet



Taste:
sweet, salty,
sour, bitter

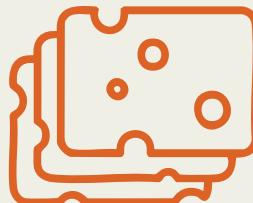


Sight:
round, square,
oval, flat, colors



● Choose words that match your senses or use your own words.

Sweet	Salty	Sour	Bitter
Delicious	Yummy	Tart	Spicy
Savory	Peppery	Sharp	Pungent
Bland	Nutty	Tangy	Buttery
Fruity	Stale	Fresh	Unpleasant
Scrumptious	Crumbly	Mouth-watering	Squishy
Stringy	Creamy	Wet	Hard



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