



# Taste a RAINBOW

## Show Me Nutrition: *Five-Step Sensory Food Guide for Parents and Children*

*Did you know it can take up to a dozen tries for a child to accept a new food?*

*Sampling them is a great way to help your child accept new flavors, textures, and smells.*

In the following lessons, we will guide you through a fun activity in which your preschooler will taste a rainbow of fruits and vegetables and learn to enjoy new foods along the way. **Start with clean hands. Use warm water and soap to wash your hands and your child's hands for at least 20 seconds before handling the food.**

### 1. Pick the foods to taste test.

Have your child participate in selecting which fruits and vegetables they would like to "experiment" with. Start with your pantry, refrigerator, and freezer. Select foods from each of the five color groups. Consider comparing one food that is available fresh, frozen, and canned. Look for the words *low sodium*, *no salt added*, and *no added sugar* on the Nutrition Facts label of canned foods.

### 2. Prepare the tasting experience.

Wash fresh produce in cold water. Put a small portion of each food on a plate or in a bowl. Line the plates up to create a rainbow of colors for the tasting station. Don't forget to wash your hands for at least 20 seconds before handling the food. Review the [\*Taste a Rainbow: Food Safety Guide\*](#) for best practices and healthy eating tips. Remember to cut foods into small bite-size pieces to avoid choking.

### 3. Ask your child to use their five senses as they taste the foods. Ask the following questions ...

**SIGHT:** What do you see? What color is the fruit or vegetable? What is its shape? Do you see seeds?

**TOUCH:** What do you feel? Is it hard or soft? Smooth or bumpy? Cold or hot? Dry or wet? Is it heavy? Is it sticky or gooey?

**HEAR:** Shake it. Do you hear a sound?

**SMELL:** What do you smell?

**TASTE:** Do you think it will taste sweet, sour, spicy, or bitter? Now taste the food. Model the behavior and try a sample of the fruit or vegetable. You can have the child kiss, lick, or touch the fruit or vegetable to their tongue. Congratulate them on trying a new food! Do you think it tastes sweet, sour, spicy, or bitter? Was it crunchy or soft?

### 4. Complete the Taste Test Form together.

Print out the [Taste Test Form](#) and ask your child to circle the face that matches their reaction to the food they just tasted. This might be a HUGE step for some children. It might take several "tastings" for a child to eat a whole serving or to know if they like it.

### 5. On the next page, learn why eating a rainbow of colors is good for your family's health.

Try our kid-friendly healthy recipes featuring a variety of fruits and vegetables and print out a coloring worksheet to reinforce the rainbow colors.

#### Nonprinting options:

If you do not have a printer, ask your child to draw the facial expressions on a blank piece of paper. Instead of coloring the worksheets, ask them to draw pictures of a variety of fruits and vegetables representing the colors of the rainbow.