

# Food Tasting Scavenger Hunt

Make sure to check with a grown-up before you start tasting. Do not eat a food if you have an allergy.

Head into the kitchen. Find as many items of food on this page that you can.

Now taste them. How many tasted yummy? How many tasted yucky? Everyone likes different flavours and textures. The important thing is to keep trying new food types and you will find out what you like!

Tofu			Pasta
Oranges			Garlic
Vegemite			Spinach
Rice			Mushrooms
Carrot			Cheese
Beans/legumes			Sesame seeds
Apples			Peas

How many did you taste?

Yummy: \_\_\_\_\_ Yucky: \_\_\_\_\_