



Mealtime Merry-Go-Round



How do meals appeal to your senses? Select three food items from your meal and record the following:

Food Item _____

Sight (color, shape, size) _____

Sound (crunchy, squeaky) _____

Taste (sweet, sour, bitter, salty) _____

Touch (hot, cold, firm, smooth) _____

Smell (strong, mild, spicy, sweet) _____

Food Item _____

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Sound (crunchy, squeaky) _____

Taste (sweet, sour, bitter, salty) _____

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