



# WIN (Wellness IN) the Home Family Carousel



Dear family,

Today I learned how we enjoy food by using our five senses: sight, sound, taste, touch and smell. Did you know that up to 80 percent of what we "taste" is really smell? Many foods also have special meaning for people.

I would like your help with this worksheet. What is one of our family's traditional or favorite foods? What country does it come from or where did it originate?

Why is it a family tradition or a favorite?

When do we usually make and enjoy this food?

Who usually makes this food? (Maybe next time I can help.)

Using our senses, help me record the following about this food:

Sight (color, shape, size) \_\_\_\_\_

Sound (crunchy, squeaky) \_\_\_\_\_

Taste (sweet, sour, bitter, salty) \_\_\_\_\_

Touch (hot, cold, firm, smooth) \_\_\_\_\_

Smell (aroma, odor) \_\_\_\_\_