



# TasteWiseKids

## HOW DOES IT **TASTE?**

**Build your vocabulary!**  
**Describe the foods you are eating**  
**with some new words...**

### Words to describe taste....

Acidic	Citrusy	Fresh	Mild	Plain	Slimy	Stale	Unflavored
Bitter	Creamy	Fruity	Moist	Refreshing	Smooth	Sticky	Velvety
Bland	Crispy	Goosey	Mushy	Rotten	Soggy	Sweet	Watery
Burnt	Crunchy	Icy	Oily	Rubbery	Sour	Syrupy	
Buttery	Dry	Juicy	Overripe	Runny	Spicy	Tangy	
Chewy	Flakey	Mild	Peppery	Salty	Spongy	Tart	



### Instead of YUMMY say...

Amazing	Divine	Fantastic	Marvelous	Scrumptious
Appealing	Enjoyable	Finger	Mouthwatering	Superb
Appetizing	Enticing	Licking	Palatable	Tantalizing
Delectable	Excellent	Heavenly	Pleasant	Tasty
Delicious	Exquisite	Lip Smacking	Pleasing	Terrific
Delightful	Extraordinary	Luscious	Satisfying	Wonderful



### Instead of YUCKY say...

Abominable	Distasteful	Hideous	Offensive	Rotten	Vile
Awful	Foul	Icky	Raunchy	Scuzzy	Vulgar
Beastly	Funky	Lousy	Repugnant	Sickening	
Crappy	Gross	Nasty	Repulsive	Stinking	
Detestable	Gruesome	Nauseating	Revolting	Unappetizing	



# TasteWiseKids

## LET'S CHAT

Here are some conversation starters and questions to talk about as a family.

Please get creative and add to this list with your own ideas as well. You can then keep this list and use it during future mealtimes to continue the dialogue about food, where it comes from, and family traditions.

### Food related conversation starters:



- What is your favorite vegetable? Grain? Breakfast? Dessert?
- What other foods would you like to learn to cook and eat together?
- I would like to learn to cook...
- If I could only eat one thing for an entire month, I'd eat...
- If I was stuck on an island and could only have 3 foods, they would be...
- What do you think life would be like if you lived on a farm? Would you like to live there? Why or why not?
- If I could host a dinner party with 4 famous people, who would you invite? Why these people? What would you serve?

### Questions about family food traditions:



- What are some favorite food-related traditions when you were a kid?
- What was your favorite food when you were my age?
- Did you help in the kitchen when you were my age?
- If so, what were your responsibilities? If not, what would you have liked to help with?
- What is one new food tradition we could start as a family?
- What are three new \_\_\_\_\_ we could try as a family?
  - Vegetables?
  - Fruits?
  - Type of food (ex. Mexican, Indian, etc.)



TasteWiseKids

## Tasting Sheet

LET'S  
**TASTE**

I'm trying: \_\_\_\_\_

Here's a picture of the food:



What does it **smell** like?



What does it **look** like?



What does it **sound** like?



What does it **feel** like?



What does it **taste** like?

This food is:

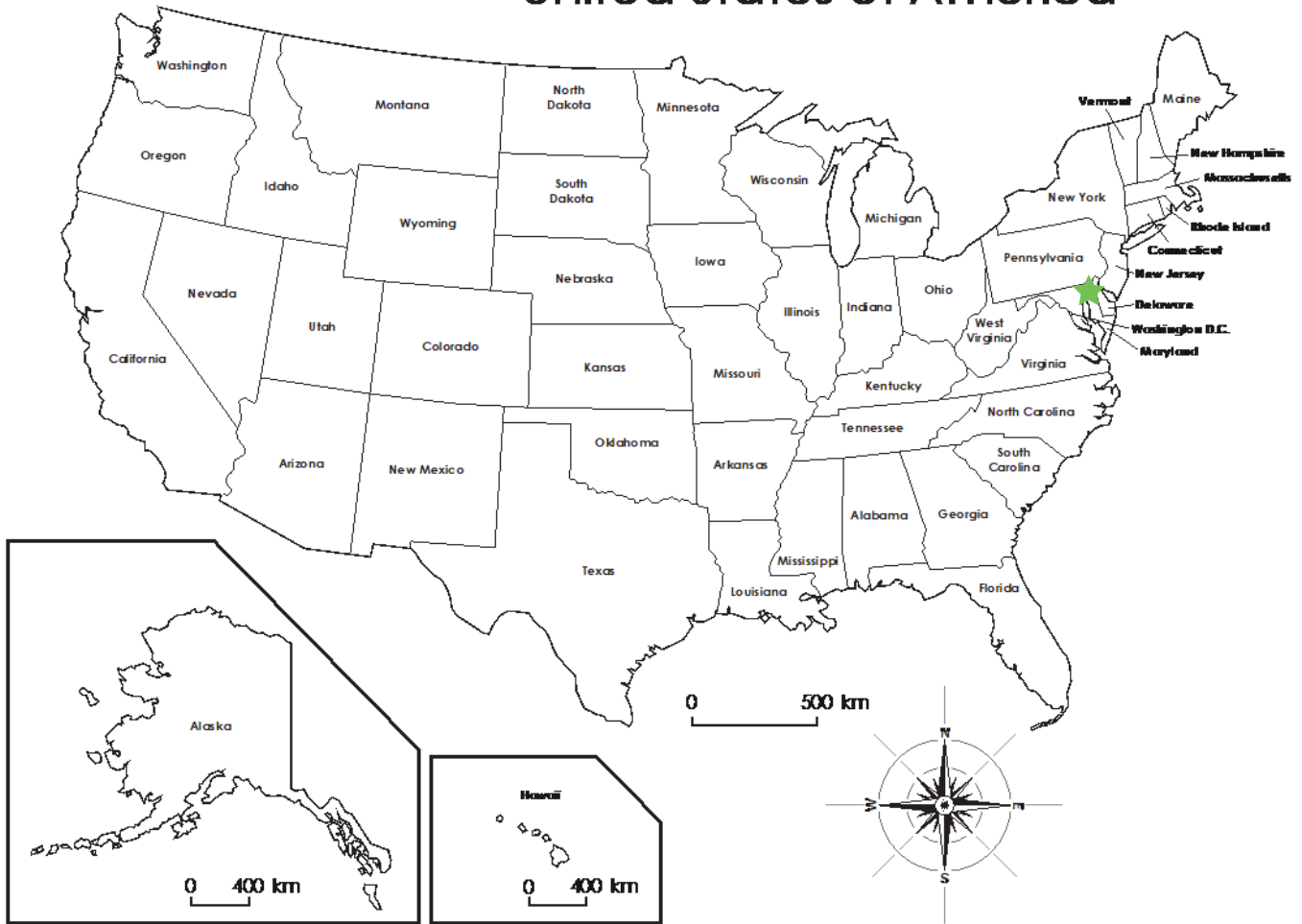


Other words to describe  
this food:



## How far does our food travel?

### United States of America



How far does our food travel?

Ingredient:

Distance:

_____	_____	_____	_____	_____	miles
_____	_____	_____	_____	_____	miles
_____	_____	_____	_____	_____	miles

Total Distance: \_\_\_\_\_ miles