Rainbow Tasting Journal

Ages 4–8 · Name: _____

How to use

Adults: check for food allergies, wash hands with everyone, and cut food into small, safe pieces before you start. For children under 5, cut pieces no larger than ½ inch.

Children: for each color, write or draw the food. Then fill in a word for each sense. Tasting is your choice. If you don't taste, write "no thank you" in the Taste box. That's fine! Younger children: color the row and circle words in the word bank; a grown-up can write for you.

Color	Food	Looks	Feels	Smells	Sounds	Tastes
Red						
Orange						
Yellow						
Green						
Blue or purple						
White or tan						

Word bank (circle the words you used)

- [ ] Looks: shiny, bumpy, round, long, speckled, striped
- [ ] Feels: smooth, fuzzy, sticky, hard, soft, wet, cold
- [ ] Smells: sweet, sour, fresh, strong, mild, fruity, earthy
- [ ] Sounds: crunchy, crisp, squishy, juicy, quiet, snappy
- [ ] Tastes: sweet, sour, salty, bitter, mild, tangy

Draw the most interesting food you explored today.

Which food would you like to explore again? Why?

Exploring a food without eating it still counts. Many children need many calm tries with a new food before they like it.

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