



## MINDFUL TASTE TEST

Through this experience, children are simply paying attention, with their sense of taste, to process each fruit used in your mindful taste test

## MATERIALS

- Different fruits - apples, oranges, bananas, watermelon, grapes, pineapple etc.
- Cutting Board
- Knife or fruit cutters
- Blindfold or scarf

## INSTRUCTIONS

- Have your child independently gather different fruits and the materials for this experience
- Have your child try and independently cut the fruit - they may need assistance but have them try and cut the fruit themselves
- Place one piece of each cut fruit on a plate, place the other pieces on another plate
- Place the plate with one piece of fruit in front of your child and blindfold your child
- they will have to choose one fruit at a time, taste it, and describe how it tastes and what fruit they think it is - without looking

## MINDFUL CHALLENGE

### Practice Mindful Eating:

- Mindful eating is paying attention to what you are eating, noticing how you feel when you eat your food, and eating with intention
- When children practice eating slowly and mindfully, they learn to savour every bite and are aware of how much they are eating
- Use this mindful taste test as an opportunity to encourage your child to taste each fruit slowly, taking time to smell the fruit before tasting it, taking soft bites, and finish chewing completely before taking another bite

## MODIFICATIONS

For younger children, we recommend cutting the fruit for them, or being very attentive when they are using sharp utensils