

Things to Taste

*What's under
the lid?*



Describe your baby's experiences as she touches and tastes things.

Your baby may connect your words to what her senses are telling her as she explores.





Why this is important

Babies put everything in their mouths because tasting is one of the ways they find out about new objects. After they have tasted and handled something, they decide whether or not they like it. This activity encourages your baby to practice using all of her senses together. Letting her choose from among several tastes establishes positive attitudes toward new eating experiences and helps her learn to make choices.

What you do

- Sit with your baby where she usually eats her meals.
- Encourage her to taste things by putting a few items within easy reach. Try a slice of banana, a spoon, a peeled and very thin apple slice, or a cracker. **Be sure to give only things you are confident your child will not choke on. If you are unsure, save specific foods or this entire activity until your child is older.**
- Let her choose what she wants and let her taste as long as she wants. She may not eat the item, but simply use her mouth to explore. Talk about her choice. *The spoon is smooth and cool. That's a sweet apple!*
- Describe her actions as she makes choices. With each item, she may drop it and try something else immediately or she may show interest in only a single item. *You really like the banana.*

Ready to move on?

When you see that she enjoys looking under objects, try this. Sit at the table with a cupcake pan filled with items of different textures and smells, such as a spoonful of pureed vegetable, a bit of ice pop, or a slice of seedless orange. Lay a lid over each cup. Encourage her to lift the lids and try the contents. Observe and describe her experience with words such as *sweet, cold, and wet.*

Let's read together!

My Food Mi Comida
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