



SENSORY EXPLORATION OF FOOD: SIGHT

When given a food item, children first use their sense of sight.

Question Appearance

You can engage children's sense of sight by asking them questions about the food's color, shape, size and texture.

- Colors: red, yellow, blue, orange, green, purple, white. "This apple is a bright red color, but apples can also be green or yellow."
- Shapes: round, oval, oblong, square, rectangle, triangle, long. "This zucchini is long and oblong shaped, but we can cut it into round shapes or long strips."
- Size: big, small, little, large, tiny. "Look at these grapes! They are small compared to the pineapple slices."
- Textures: smooth, hard, rough, spiky, soft, crusty. "The surface of this pineapple looks rough and spiky, but it looks soft and juicy inside."
- Consistency: thick, runny, lumpy, watery, juicy. "The pineapple looks juicy," or, "The applesauce is runny and sweet today."

Follow up questions to ask about food appearances:

1. Does the _____ come in other colors?
2. Do the _____ you eat usually look like this?

