

Tasting Party

Age: 1 year and up



Ingredients

Cheese (at least two different types)

Directions

It is important to expose children to a variety of foods and flavors while they are young.

1. Have a tasting party by tasting different kinds of cheese. Include two or three different kinds of cheese such as mozzarella, brick, swiss, or cheddar.
2. Let the children taste each one, comparing color, taste, and appearance. Mention that, "Swiss cheese has holes." "Mozzarella is white." "Cheddar is yellow."
3. Try tasting parties with other types of foods, such as vegetables, fruit, condiments, etc.

What children will learn

Nutrition and cooking, senses

