My food discovery sheet

Looking is enough. Touching, smelling and tasting are optional. An adult should choose and prepare food safely for the child, check allergies and supervise.

Today I am exploring (or drawing)

Colours and shapes I notice

Words for the outside / inside

A smell I notice, if I want to

Something it reminds me of

My choice: look / describe / touch / smell / taste / stop

Something I might like to explore another time