

Title: Sweet, Sour and Spicy Taste Test

Age Group: Toddler/ Preschool

Submitted by: **Mariam (St. Gabriel)**



Lemon Juice = sour
Honey = sweet
Ginger = spicy



Salt = salty
Black Pepper = spicy
Sugar = sweet



Cinnamon powder = spicy
Turmeric = bitter

Type of Activity: Sensory Exploration

Materials:

- Lemon juice
- Honey
- Ginger
- Salt
- Black pepper
- Sugar
- Cinnamon powder
- Turmeric

How to Do it:

Have your child taste items one at a time and record whether your child found it sweet, sour or spicy. Have your child point out the one that they like the most or least.

Root Skill / Extension:

Physical – 5.3 Taste Discrimination: During this activity children will have an opportunity to examine and discover different types of taste and expand their descriptive vocabulary.

Extending the Learning: You can make drinks using honey, lemon, ginger, cinnamon and sugar. You can also experiment making homemade paint with turmeric and water.