

# Blindfold Taste Test

**For this activity you will need:**

- Something to cover your eyes
- Variety of veggies, fruits and herbs



**Hi Sprouts! Ask an adult for help with this activity!**

**Directions for parents:**

- Gather up a selection of different food samples with various shapes, textures and flavors.
- **Fruits, veggies and herbs are great for this activity.**
- Have the kids cover their eyes and give them the sample to taste.

**Now, ask your kids to describe what they are tasting:**

- Is it spicy?
- Sweet and sour?
- What is the texture?
- Do they like the flavor?

**Let the kids guess what the sample is...**

*...did they get it right?*

