

Taste Test

Food _____ (Check all that apply below)

Flavor: Sweet Sour Salty Bitter Savory (Umami) Spicy Other

Texture: Crunchy Creamy Chewy Mushy Greasy Juicy Other

Smell: Love it Like it Not sure Not my favorite

Color: Green Red Yellow Orange White Brown Other

Came from: Farm or Garden A grocery store Restaurant Other

Prepared by: My Family Friends Me Restaurant Other

Contains: Protein Carbohydrates Fat Vitamins Minerals

Is it healthy for my body? Yes Mostly Not really No

This food rates as: A Favorite I like it It's okay I don't like it yet

What do I like about this food? (there is always something to like)