



Southampton Sight
supporting people living with sight loss

SIGHT AWARENESS - SENSORY CHALLENGES

TASTE CHALLENGE

What you need –

Some items of food

e.g. pieces of fruit &/or veg cut into the same size pieces

or a small piece of bread, a piece of biscuit, a crisp, a piece of cracker

or some food items of your choice that you know your child likes

A scarf to use as a blindfold (or you can just close your eyes)

What to do –

1. Wash your hands!
2. The adult prepares the food items. Try to make the pieces small for one small bite and similar in size. Do not let the child see the food items in advance.
3. The child puts on the blindfold or closes their eyes tight.
4. The adult chooses a piece of food and pops it into the blindfolded/eyes closed child's mouth.
5. The child chews the unknown food and tries to identify what they think it is from the texture and taste.

This activity helps children understand more about the sense of taste. It highlights that people who have visual impairment or sight loss, may use their sense of taste more because they do not see the things they are eating in the same way as someone with normal vision.

