Food tasting

Eat the rainbow bingo

How to play:

Provide the children with a colour wheel showing a range of different colours (e.g. red, orange, yellow, green, blue, purple, white, brown).

Give each child a bingo-style card with coloured sections or pictures of foods.

Provide a variety of foods from each colour group (e.g. strawberries for red, carrots for orange, cucumber for green, blueberries for purple). You can also include less familiar foods to encourage new experiences.

Offer the opportunity to taste different foods and identify their colours. Each time a food is explored, mark off the matching colour or item on their bingo card. Encourage the children to count how many different colours they have tried.

Children can aim to 'complete the rainbow' by trying at least one food from each colour group.

Learning

A fun way to encourage children to try new foods, build positive attitudes towards new food choices, and develop language and early maths skills through discussion and counting.

At the end, talk together about:

- Which colours they tried the most.
- Which foods were new to them.
- Why eating a variety of colours is good for our bodies.

Safety first

- Always check dietary requirements and allergies before food exploration.
- Supervise children and ensure age and stage appropriate.

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