

# Getting to Yum Games

**H**ERE'S A REMINDER OF THE GAMES YOU CAN PLAY WITH YOUR KIDS to instil positive food habits.

Game	Page	What the game teaches	Age level
1. The Five Senses	33	Taste is influenced by the five senses: sight, touch, hearing, smell, and taste. Kids will better understand their reactions to foods (both ones they like, and ones they don't like).	4 and up
2. The Five Flavors	34	The five different flavors: sweet, salty, sour, bitter, and <i>umami</i> (savory).	4 and up
3. Tasty Taste Buds	35	The science behind our taste buds, which are just like muscles: they can be trained!	4 and up
4. The Supertaster Game	37	We all experience taste differently. It may take correspondingly more (or less) time to learn to like new foods.	6 and up

<b>Game</b>	<b>Page</b>	<b>What the game teaches</b>	<b>Age level</b>
5. The Silly Name Game	52	Labeling foods can incite kids' enthusiasm for new food.	3 and up
6. The Smell-Taste Experiment	53	Smell plays a large part in determining how things taste. Artificial flavors are used to fool our taste buds.	6 and up
7. The Mystery Smell Game	54	Smell evokes emotions and memories, and affects our feelings about and perceptions of food.	6 and up
8. The Store-Brand versus Name-Brand Blind Taste Test	55	Brands influence (and can even fool) our sense of taste.	9 and up
9. The Sour Fruit Game	68	Sour is an "interesting" rather than a "yucky" taste.	2 and up
10. The Surprise Sack Game	69	Surprise introduces an element of fun to new foods at snack-time.	3 and up
11. The Smiley Face Game	85	A simple happy face makes eating more enjoyable.	3 and up
12. The Rose, Thorn, and Bud Game	86	A great ritual for keeping kids entertained at the table.	5 and up
13. Terrific Textures	100	Textures are more complex when foods are combined. Kids will learn to appreciate "adult" textures.	3 and up
14. The Color Confusion Experiment	104	Color influences our sense of taste.	6 and up

15. The Yogurt Game	105	Our sense of taste can be fooled by artificial coloring.	6 and up
16. The Mixing Game	118	This game teaches your child to enjoy different textures, and to develop their mixing skills, so they'll eat foods with combined textures more easily.	2 and up
17. Make-Your-Own Kids' Salad	120	This child-led cooking strategy helps kids overcome a common food dislike: salad. Many of my test families' kids were converted to salad lovers using this game.	4 and up
18. The Slow Food Experiment	131	The pace at which we eat our food influences how much we enjoy it. In general, the slower we eat, the better.	6 and up
19. The Same Food Three Ways Experiment	132	Food can taste dramatically different depending on preparation style.	4 and up
20. The Taste of Place Game	134	The concept of <i>terroir</i> , a French word that roughly translates as "taste of place."	6 and up