



# DESCRIPTIVE TERMS FOR MEALTIME

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Giving your kids the language they need to describe the foods they eat will go a long way in helping them identify what they do - and do not - like beyond just saying “I don’t like it.” Plus, having the tools to describe what they’re eating is empowering, and can be a great conversation starter at the dinner table. Below is a collection of words to get you started!

## TEMPERATURE

Chilly, Cold, Cool, Crisp, Hot, Icy, Lukewarm, Refreshing, Roasting, Room Temperature, Tepid, Toasty, Scalding, Smoldering, Steaming, Warm

## TASTE

Acidic, Acrid, Bitter, Bittersweet, Bland, Briny, Burnt, Charred, Doughy, Fiery, Flavorful, Fresh, Fried, Green, Harsh, Honeyed, Infused, Mellow, Pickled, Plain, Raw, Refreshing, Rich, Ripe, Roasted, Robust, Rotten, Saccharine, Salty, Satisfying, Sautéed, Savory, Seared, Seasoned, Sharp, Smothered, Sour, Spicy, Starchy, Strong, Sugary, Sweet, Sweet-and-Sour, Tangy, Tart, Tasteless, Toasted, Unflavored, Unseasoned, Zesty, Zingy

## TEXTURE

Al Dente, Astringent, Chewy, Clumpy, Crackly, Creamy, Crispy, Crumbly, Crunchy, Crusty, Doughy, Drenched, Dried Out, Dripping, Dry, Fatty, Fine (small pieces), Fizzy, Flaky, Flat, Fleshy, Fluffy, Fried, Gelatinous, Glazed, Gloppy, Gooey, Grainy, Greasy, Gritty, Gummy, Harsh, Hearty, Heavy, Juicy, Lean, Light, Limp, Lumpy, Lush, Mashed, Mellow, Melting, Mild, Minced, Moist, Moldy, Mouthwatering, Mushy, Overripe, Pasty, Powdery, Rubbery, Runny, Satisfying, Shattering, Silky, Slimy, Smokey, Smooth, Soggy, Soupy, Spicy, Spongy, Stale, Starchy, Sticky, Stiff, Stringy, Syrupy, Tender, Thick Toothsome

## SMELL

Aromatic, Full-Bodied, Heady, Pungent, Rancid, Rotten, Strong, Odorless, Overpowering, Perfumed

## COMPARISONS

Buttery, Chalky, Cheesy, Chocolatey, Citrusy, Earthy, Eggy, Fishy, Gruity, Gamey, Garlicky, Gingery, Grassy, Herbal, Lemony, Malty, Meaty, Milky, Minty, Nutty, Oily, Oniony, Peppery, Vinegary, Yeasty