

FOOD RATING THERMOMETER

It takes at least 20 tries with a new food (on different occasions) to get used to the taste and texture of it.

The more we taste a food, the more we get used to that flavour and texture.



10. The best tasting food ever!

9.

8. This food is quite tasty.

7.

6. This food tastes okay.

5.

4. I can almost eat this food.

3.

2. I'm still learning about this taste/texture.

1.

0. I have a LOT of learning to do about this food

Most of the foods we eat are not usually an 8, 9, or 10.

They are usually about a 5, 6 or 7.