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Title: **Using the 5 Senses to Explore Food**

Wash your hands, feel and squeeze the food you chose and talk about how it feels and see if you could hear anything when you squeeze it.

Smell the food, talk about the smell, describe the scent.

Talk about the outside texture and smell and then, if you can peel or cut the food talk about the inside.

When you finish, try the food, talk about the flavor.