

# Explore Fruits & Vegetables using your 5 Senses

Use your 5 Senses to learn about fruits and vegetables in your kitchen!

**First**, with a grown up, pick out a fruit or vegetable that you can taste. (For example, apple slices or carrot sticks would be a great choice!)

**Then**, write the name of the fruit or vegetable: \_\_\_\_\_

**Next**, in the space below, draw a picture of the fruit or vegetable you are about to explore:

**Now**, rank the fruit or vegetable by circling the stars.

This is how much I like how it <b>LOOKS</b>	 I LOVE IT	 IT'S OKAY	 NOT FOR ME
This is how much I like how it <b>SMELLS</b>	 	 	 
This is how much I like how it <b>FEELS</b>	 	 	 
This is how much I like how it <b>SOUNDS</b>	 	 	 
This is how much I like how it <b>TASTES</b>	 	 	 

**Finally**, share your work! With an adult's help, take a photo of your worksheet, and they can help you send it to us on [Instagram](#) or [Email](#). (Include your name, grade, and school if you want!)