

Sensory cooking: What to do with your ingredients!

What does it feel like?

- Is it sticky?
- Is it hot/cold
- Is it wet/dry?
- GET MESSY!



Does it make a sound when you?

- Squish it
- Mash it
- Shake it?



What does it smell like?

- Is it nice?
- Is it strong?
- Do you like it?



What does it look like?

- Colour
- Shape
- Texture
- size



Does it taste nice?

- Sweet/salty/spicy/sour?
 - Is it hot/cold?
 - Do you like it?

