

Blind Taste Test

As the dad running the game, cover ten bowls of food so your child can't see what's inside, then pop on their blindfold and let them taste their way through the mystery menu. They score each one out of 10 and guess what it is, then you take the blindfold off together and reveal what they've actually been eating.

- 1 You fill each bowl with a food, out of sight, and number them 1-10.
- 2 Blindfold your child and feed them one spoonful per bowl.
- 3 For each bowl, they score the taste out of 10 and give you a guess.
- 4 Once all ten are tasted, remove their blindfold and reveal each food together.
- 5 See what they genuinely like - and what to try again with them another week.

Stuck for ideas? Try broccoli, courgette, runner beans, pineapple, Brussels sprouts, carrots, avocado, raspberries, grated cheese and strawberries - or swap in whatever's in your fridge.

Bowl	Food used	Score /10	Their guess	Reveal correct?
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Play again next week with the foods your child wasn't sure about, mixed in with something new for them to try.