



Here are some tips for using the Culinary Tasting Posters



1 **How to use the Tasting Posters**
Print out the Tasting Posters individually and laminate them for table placemats.

2 **Super tasting skills**
Taste a range of typical sauces in your home and note the characteristics of Aroma, Appearance, Taste and Texture. Ideas - tomato sauce, BBQ sauce, mayonnaise, mustard, ice cream toppings.

3 **What's the difference?**
Taste two varieties of the same food product and note the differences between them.

4 **Match a word**
Choose characteristics from the tasting posters to focus on and list ingredients or foods that demonstrate them.

5 **Get your family involved**
Use the posters as a starting point for 'Table Talk'. Over dinner, discuss with your family what you are tasting and how the aromas and visual elements influence the meal.

