

Things to Taste

Age: Infants (0-8 months)

This activity helps your child's development in this domain: Physical, Cognitive

What You Need:



Muffin tin

Items that have different textures and smells that are safe for babies to eat.

What To Do:

1. Prepare a muffin tin with different items in each section. For example, a spoonful of pureed vegetables, a piece of popsicle, or a slice of banana. Lay a lid over each section.
2. Sit at the table with your child with the covered muffin pan.
3. Encourage him to lift the lids and try the contents. Let him choose what he wants and let him taste as long as he wants. He may not eat the item, but may instead use his hands and mouth to explore.
4. Observe and describe his experience. For example, "Isn't the popsicle cold?" or "You really like the sweet banana."



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