

# Baby Food Taste Tester

## Materials

- a dozen or so different flavors of baby food
- [small tasting spoons](#)
- [small tasting cups](#)
- marker
- slips of paper
- pens or pencils

## Instructions

Do steps 1-3 out of the sight of the participants.

1. Label each of your baby foods with a letter not related to the flavor. Just go alphabetical - A, B, C, etc
2. For each player you will need a cup with a corresponding label. So if you have six players, you will need 6 cups labeled A, 6 labeled B, 6 labeled C, etc.
3. Put a dollop of baby food in each cup, corresponding to the letter. Put a small tasting spoon in the cup also.
4. Give each participant
  - One cup of each flavor of baby food
  - Several slips of paper - enough to correspond to the number of flavors you have
  - A pen or a pencil
5. Have each participant try flavor "A" and write down on a slip of paper what they think it is. When all of the participants have written something down, have them reveal their answers.
6. Show them the jar so they can see what flavor it really was. Everyone who guessed correctly gets one point.
7. Repeat steps 5 and 6 with the other flavors.
8. The player with the most points at the end wins.

## Adding Challenge and Fun

To add an extra level of challenge and fun to the baby food game, consider blindfolding the players. By removing their ability to see, it will heighten their reliance on taste and texture to identify the flavors. A helpful friend can assist by handing them the spoon and writing down their guesses.

Another way to increase the confusion is by using food coloring to dye some of the baby foods a different color. This will make it even more challenging for the players to accurately guess the flavors. Adding these elements will make the game more exciting and entertaining for everyone involved.

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