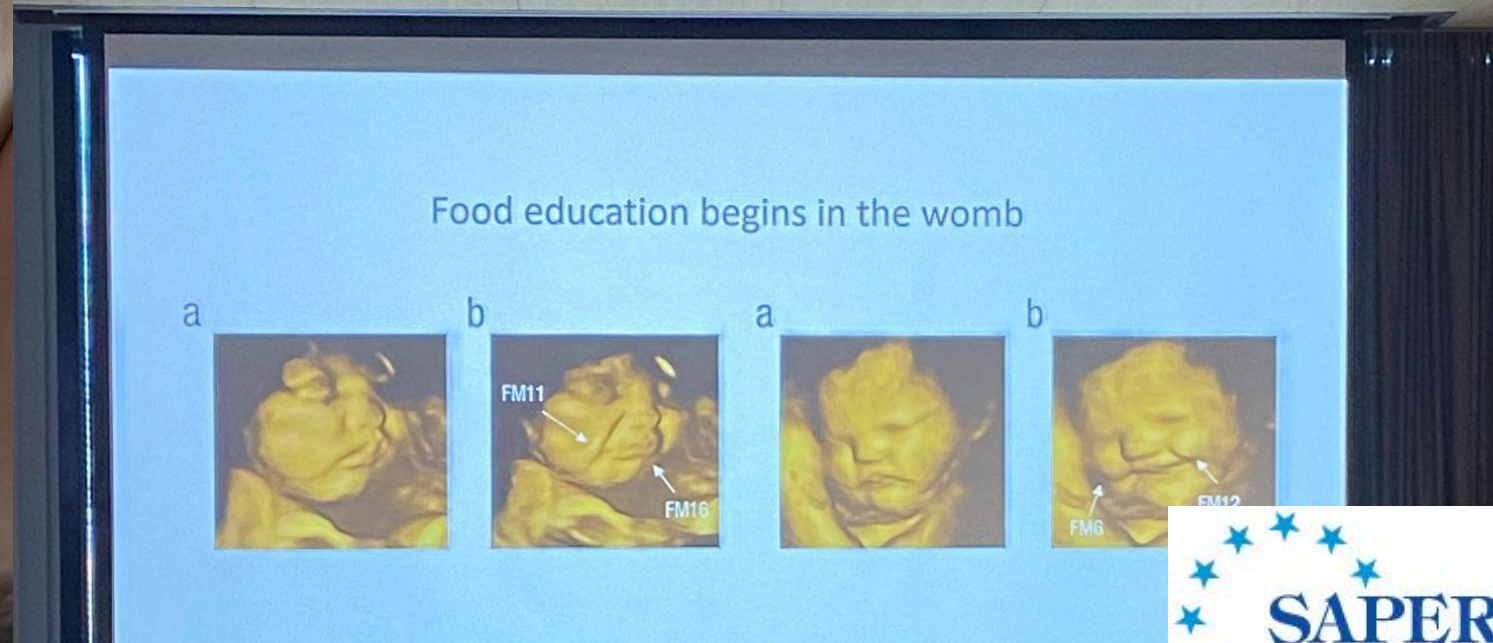




the rasa project

SGEC
Fund

Joy of Food through Sensory Education



The Rasa Project (est 2025) : Rasa means Taste in Malay



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Why do we need more food education in Singapore ?

1 in 2 parents identified their children as picky eaters

(KKH, 2023)

Increase of families and also a top reason of using screen time for a fuss free meal

(NUH, 2024)

Childhood obesity is on the rise from 13% to 16%

(KKH, 2021)

Why do we need more food education in Singapore ?

Total amount of food waste generated in 2023 was 755,000 tonnes
(NEA)



140 Double-Decker Busloads everyday



300 Elephants in Weight everyday



Singapore wastes enough food each day to make over **6 million cupcakes**—that's enough to give **every person in Singapore** a cupcake...
and still have lots left for the ants and birds

SAPERE and Case Studies of Sensory Food Education

SAPERE is an international non-profit founded in 1995 with the mission of taste education for children

The nine key stages of the original method:

1. Five Senses Awareness - Children learn to use *all five senses* before and during tasting.
2. Taste Exploration - Identify the *five basic tastes* and move beyond "I like it / I don't like it."
3. Flavour Experiments - Play with *dominant tastes, flavour combinations*, and temperature contrasts.
4. Smell Recognition - Build a *smell memory* and understand the link between smells and aromas.
5. Seeing & Colour - Discover how *sight and colour* shape taste expectations.
6. Touch & Hearing - Explore the *texture and sound* of foods (crunchy, smooth, crisp).
7. Multi-Sensory Discovery - Notice *aroma intensity, chewing, temperature* and how they affect flavour.
8. Cultural Diversity - Appreciate *regional and cultural food differences* with curiosity and respect.
9. Shared Experience - Celebrate *tasting together* — sharing, talking, and enjoying food socially.





Rasa Circle: Eco Food Heroes

A JOYFUL FOOD EDUCATION WORKSHOP
SUPPORTED BY THE SG ECO FUND—THAT
EMPOWERS FAMILIES TO TAKE CLIMATE ACTION
THROUGH EVERYDAY FOOD CHOICES.

Parent accompanied workshop (60 min) \$5/parent child pair

- Explore Singapore grown herbs and veggies
- Try out a fun, home composting setup
- Touch, smell, and taste fresh local produce (no pressure to eat!)
- Use the five senses to build language, connection, and curiosity around food
- Spark positive mealtime conversations that continue at home

FAQ

Will my child eat anything?

Children will be invited to try small samples of local produce — but only if they want to. We keep things fun and relaxed.

Can my helper go in my place?

We encourage parents or grandparents to attend if possible. The workshop is designed for meaningful shared learning — helping you and your child build new habits together.

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Rasa Circle Challenge: Eat Local Together with 5 Senses



See – Next time you're at the supermarket, spot the "SG Fresh Produce" logo together. Make it a game: "Who can find the local veggie first?"



Smell – Explore fresh local herbs like basil and mint. Roll it in your palms to release the aroma. Close your eyes to focus your smell sense and compare and contrast.



Listen – Celebrate curiosity with food sounds like crunchy, soft, squishy, crispy, juicy etc. Eg: "I wonder how this sounds like, let's eat it together, cover our ears with our hands and listen!"



Taste – For a new food, offer a pea size amount and reward with a sticker/praise if the child tries it. Research shows that it can take up to 10-12 tries before we start to enjoy a new food*. So be patient, keep experimenting with flavours!

*Increasing food acceptance in the home setting: a randomized controlled trial of parent-administered taste exposure with incentives (American Journal of Clinical Nutrition)



Touch – Encourage your child to use textural descriptive words such as hard, smooth, rough, bumpy, squishy. Eg: "Wow, look at this Tuscan Kale, it looks like a dinosaur with its bumpy skin!"

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Rasa Circle: Composting Magic!

Compost Layer Cake Recipe

Microbes need to breathe too! Give them air holes around the tub, and little drain holes at the bottom so they don't get soggy



Ingredients:

1 big tub (3-5L), Pre-cut raw veggie scraps (greens), Wood shavings/shredded dry leaves/paper (browns), Sprays of water, Time!

1. Start with a layer of browns then a layer of greens (1:1 ratio of browns: greens)
2. Spray a little water – not soggy!
3. Repeat until your tub is almost full
4. Make sure the top layer is brown
5. Keep the tub open so your tiny microbe helpers can breathe

When is it ready? (6-8 weeks)

- The compost turns dark brown
- Greens have disappeared!
- Smells nice and earthy
- Feels slightly damp and crumbly

Taking Care of Your Compost



Examine your compost by mixing every few days to aerate and check:

- Are the veggie scraps getting smaller?
- Do you see any fuzzy friends (white or other colour fungus) helping? Too stinky and wet? Add some browns for our microbe helpers! If there is black mold, dispose and start again.
- Damp like a squeezed sponge? Perfect!
- Too dry? Sprinkle a little water.

Tips and what's next?



To keep ants and fruit flies away, don't add fruits. For a faster process, use a 20L (or bigger) tub with drilled air holes, this creates more heat. Sprinkle your finished compost near the plant roots, not right at the base.

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Types of Food & Safety

Children will explore and may taste raw and dried vegetables & herbs, such as rainbow chard, lettuce, ice plant, shiitake mushrooms, alfalfa sprouts, kale, vanilla, pandan, mint, lemongrass, and kaffir lime.

All food items are carefully prepared following food safety standards, and no common allergens are included. If your child is allergic to any of the above, we would not recommend participation.

By participating, parents and caregivers acknowledge that The Rasa Project is not responsible for any unexpected effects from handling or tasting the food items.

Age Groups, Capacity & Requirements

Age: 18m-2, 3-4 or Age 5-6

Capacity: 18-20 kids with parents

We will just need some tables and chairs for the kids and parents to sit on. Do send us pictures of the space so we can prepare accordingly. Parents or grandparents, no helpers if possible.

Surveys, post workshop and another 3-4 weeks later to check on progress

Confirmation of numbers two weeks before workshop to prepare materials

Availability in 30 Mar-Nov 2026 (except for 13-20 Apr) -
Mon or Fri afternoons