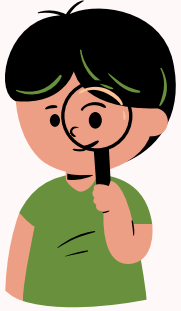


Rasa Circle Challenge: Eat Local Together with 5 Senses



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!"