

EATING WITH YOUR SENSES



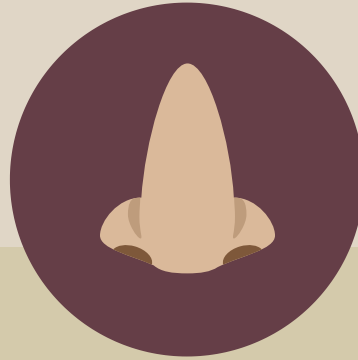
SEE

Look at your food



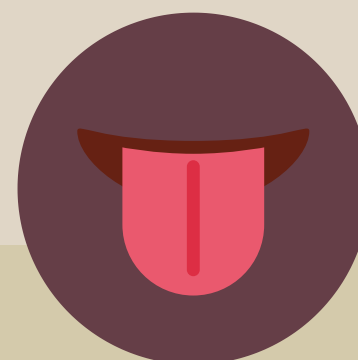
TOUCH

Place your food in your hand



SMELL

Close your eyes and smell your food



TASTE

Take a very small mouthful of your food



HEAR

Listen as you chew your food