

# The Six Tastes

## Seek and Find



What does the \* symbol mean on the six tastes food lists?

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Name five foods that have a least two distinct tastes. List foods and their two tastes.

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List seven herbs and/or spices you currently have in your kitchen and their corresponding taste according to the six tastes food list.

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Name five vegetables you enjoy eating along with their taste according to the six tastes food list.

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List your questions here:

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Bring this sheet to class on the third week.