

Baby Food Taste Test

Get a few common snacks (carrots) and their baby food equivalents. Let your children try them and compare their texture and taste. Make a graph and write which baby foods they like and which ones they don't like.

Talk about how real food is made into baby food to make it safe for babies. Why can't babies eat real carrots, pears or macaroni and cheese? Do you remember which baby foods were your child's favorites? See what they think of them now that they are big kids!

