

# Taste



Use the QR Code to watch a video of people with FASD using the bamboo straws



Many people with FASD find that they have a very strong sense of taste. They also sometimes use their mouth to explore things. Sometimes the texture of foods means a lot to people with FASD. Sometimes sucking things or blowing helps people with FASD.

**Is taste important to you?**  

**Do you notice when something in your favourite food changes?**



## Directions

1. Try sucking up your favourite yoghurt through the straw. Does it taste different? How does sucking yoghurt up through a straw make you feel? What else could you try sucking up through your straw? Remember to wash the straw out every time you use it.
2. You could play blow football with someone else using a Ping-Pong ball.
3. You might make a picture by blowing paint through a straw (ask an adult to help).

**What other things could you use the straws for?**

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Send us a picture of how you use the straws to [hello@fasd.me](mailto:hello@fasd.me)

