

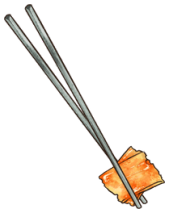
Sense Your Health



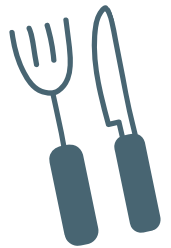
Touch

- Our sense of touch plays an important role in how we eat, what we eat, and our overall health and nutrition
- The texture and feel of food help us to make healthier food choices, develop healthy eating habits and lead to improved health and a better quality of life
- Being active is also important for the sense of touch and helps brain development and social bonding

The way we get food to our mouth makes a difference!



- Finger foods in American society bring a sense of fun, whereas in other cultures it brings sense of community and you actually taste the food more than if you were to use a utensil



Food Texture



- Texture tells us if food is fresh, ripe and ready to eat
- Texture also helps us determine the temperature of food
- Food can be crispy, crunchy, smooth, tough, soft, mushy, liquid (thin, thick)
- Texture is very important to those with mouth sores, because this can cause them to have poor nutrition and weight loss if the texture and temperature of food isn't right