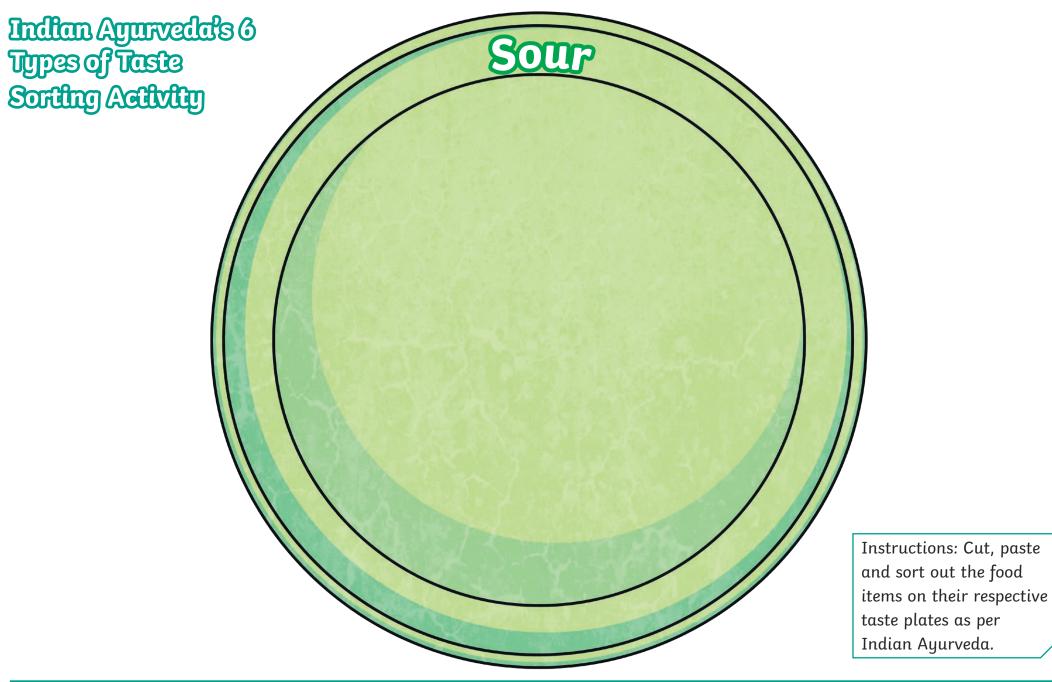


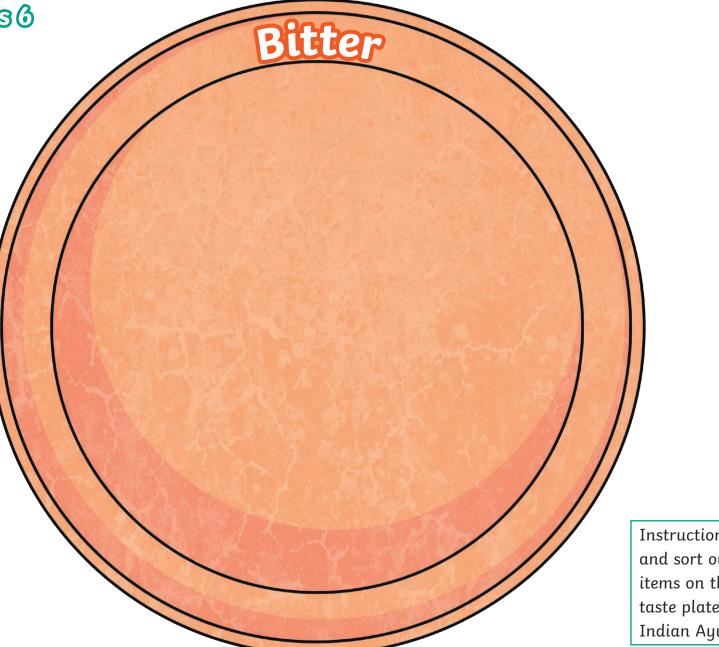
Instructions: Cut, paste and sort out the food items on their respective taste plates as per Indian Ayurveda.







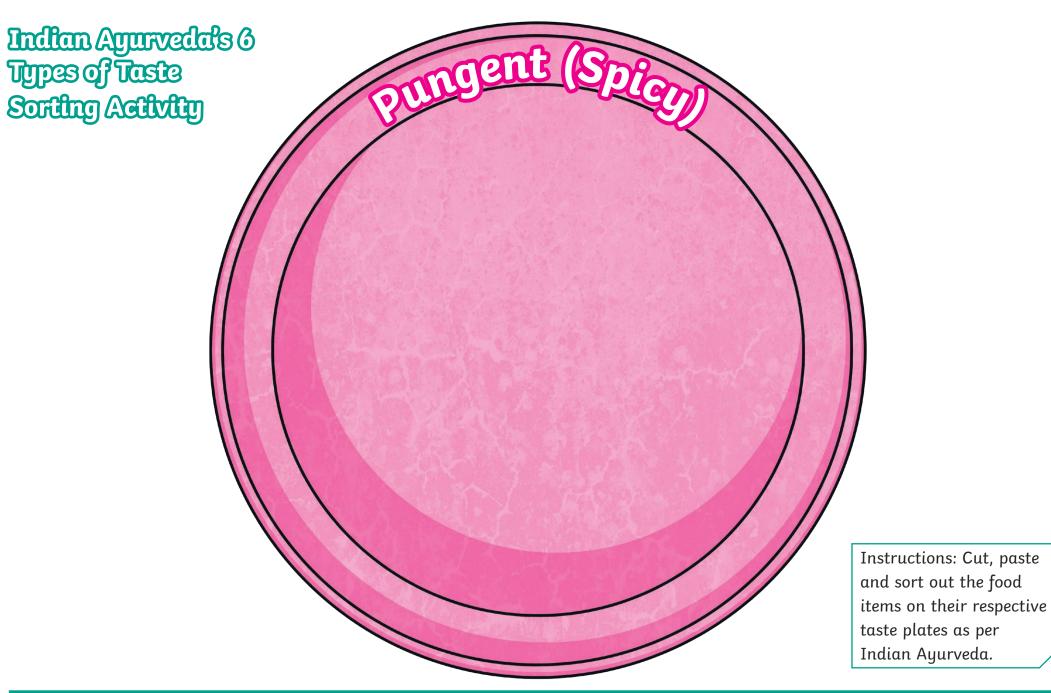






Instructions: Cut, paste and sort out the food items on their respective taste plates as per Indian Ayurveda.

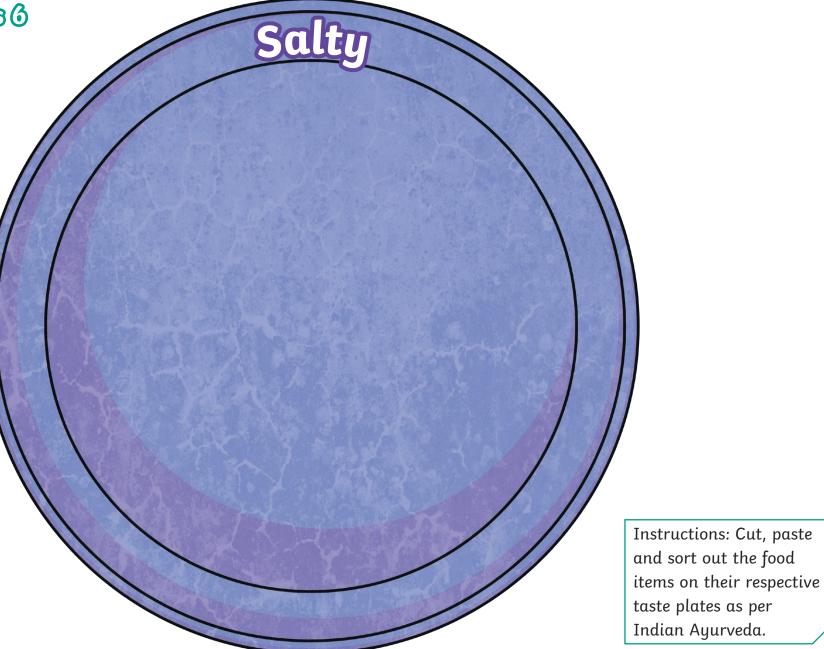








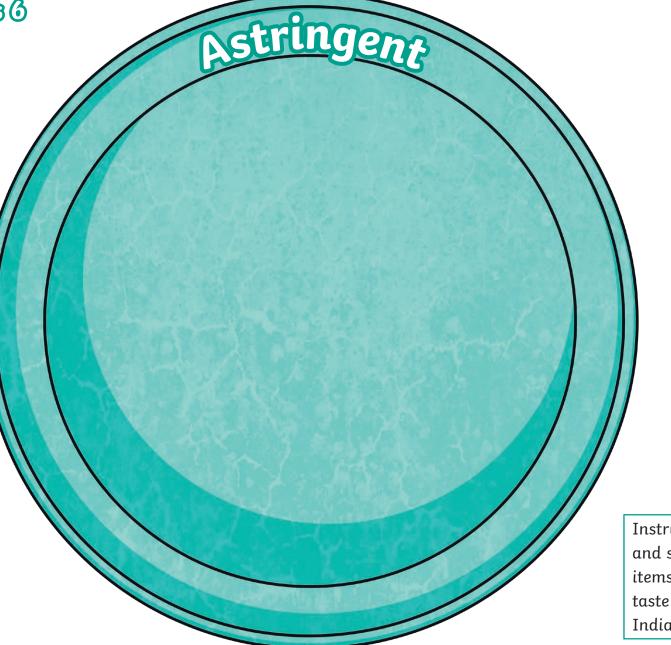








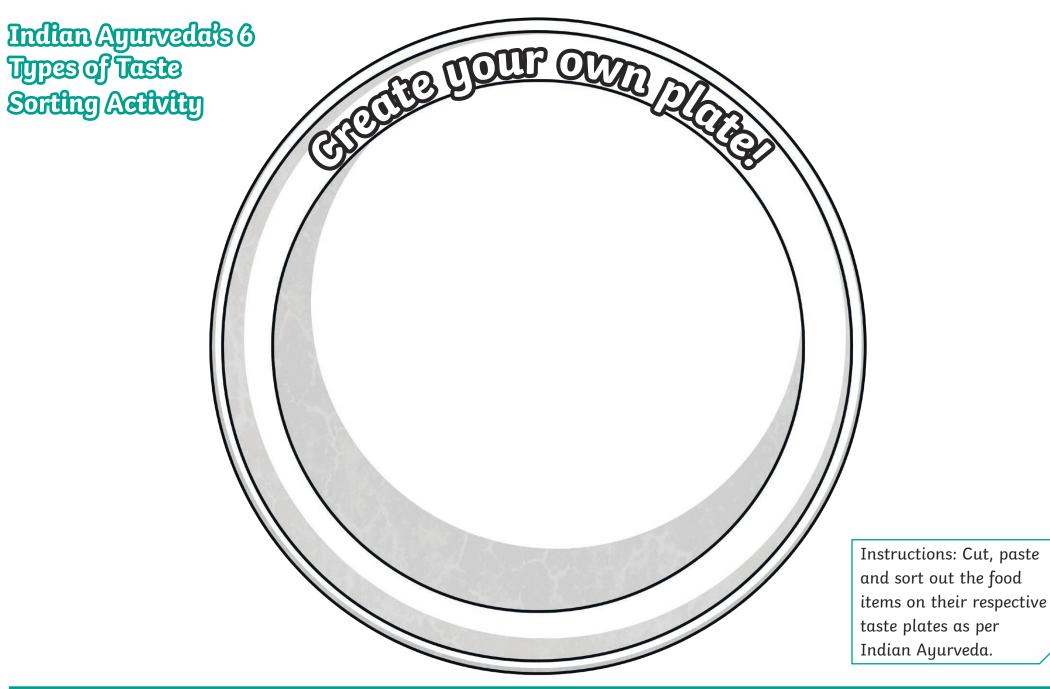
Indian Ayurveda's 6 Types of Taste Sorting Activity





Instructions: Cut, paste and sort out the food items on their respective taste plates as per Indian Ayurveda.

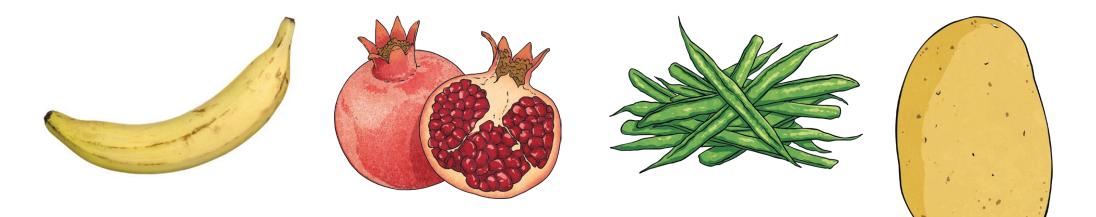












Answer Key

Sweet	Sour	Salty	Pungent	Bitter	Astringent
Milk	Lemon	Salt	Chilli	Bitter gourd	Plantains
Rice	Raw Mango	Lobster	Cloves	Citron	Pomegranate
Sweet potatoes	Vinegar	Tuna	Ginger	Spinach	Raw broad beans
Dates	Curd	Seaweeds	Garlic	Coffee	Raw potato
Beetroot	Tomato	Cheese	Bell pepper	Grapefruit	Green tea
Corn	Tamarind	French fries	Betel leaves	Dark chocolate	Cranberries



