

PARRAMATTA
ARTISTS'
STUDIOS

FUTURE ARTISTS' CLUB

at Home
GET READY FOR FRESHLY TASTING

With Yana Taylor



Thank you for choosing to spend 10 minutes with the audio guide for this special eating experience.

I'm Yana from Parramatta Artists' Studios.

Artists need to be aware of their senses and the world around them so I recorded this audio guide that focuses on eating a piece of fruit.

Before you begin listening, like a recipe you will need to get some things together.

YOU'LL NEED:

★ **To get yourself an orange.** If you are buying an orange I suggest you purchase a Navel orange. Navel oranges have no seed and are in season and cheap so they are the best for this audio eating workshop.

★ **A way to listen to the guide.** Playing it on a phone or a laptop near you is best. You may need to have a small speaker to help you hear over the sound of eating. Though, listening through ear buds or headphones is okay, too. Your choice.

★ **A comfortable place to sit** with your back against a wall or a chair at a table.

★ **A blindfold to wear for the whole 10 minutes** – a scarf, headband, bandanna or eye mask. We are trying to separate looking from smelling, tasting and touch.

★ **A clean tea towel** to protect your clothes as you will be eating with your eyes closed.

★ **Someone to place the fruit in front of you** when you are ready to start and who will listen to you talk about your experience afterwards. They could be a friend, sibling, cousin or parent but you need to trust them to help you. You can ask them to leave you after you have started – whichever arrangement makes you feel more relaxed.

Pause the recording if you need to. As I talk you through, I have left spaces, silences for you to do things so don't worry if I go quiet.

Once you are sitting, comfortable with your blindfold on, get your friend to place the orange in front of you then press 'play'. Or get your friend to press play.

Enjoy & let yourself be surprised.

Yana