

Exploring Food with the Senses

SIGHT



Eye Spy with My Little Eye

Invite children to look at foods using a magnifying glass. Use foods that you already have, rather than buying extra items. Once your little detectives have observed the food items carefully, question them about the food's texture, colour and shape.

Yogurt Taste Test

Invite children to do a sampling activity using plain yogurt as the base. Ask them to guess the flavour when ingredients are added. Try adding strawberries, apple sauce, banana, cinnamon or vanilla.



TASTE

TOUCH



Mystery Food

Find an empty tissue box or a paper bag. Gather foods with interesting textures and shapes such as a piece of cheese, kiwi, broccoli or a slice of bread. Put food items in the box or bag and ask children to take turns describing and guessing what they are touching.

Scent Jars

Put various herbs and spices in small, empty spice jars. Cover with paper or masking tape so the contents are hidden, making two identical sets of jars. Put the first set on a table and present the second set to the children. Ask them to find the corresponding jars on the table based on the scent.



SMELL

HEARING



What Do I Sound Like?

Allow children to sample various foods and have them describe the sound as they eat. Here are some fun examples to get you started:

- Biting an apple: "crunch"
- Eating soup: "slurp"
- Taking a drink of milk: "glug"
- Chewing on cheese: "squeak"
- Eating a carrot: "chomp"

Continue the fun by trying the recipe below.

Crunchy Rainbows



Ingredients for each child:

- 1 thin slice of each of the following bell peppers: red, orange, yellow and green
- 2 cauliflower florets, cooked
- 3 tbsp (45 mL) plain yogurt, 2% M.F. or higher
- 1/2 tsp (2.5 mL) curry powder
- A pinch of garlic powder

Steps for adults:

- 1 Wash and cut the vegetables.
- 2 Cook the cauliflower florets until tender.

Steps for children:

- 1 Arrange the bell pepper pieces on your plate in the shape of a rainbow.
- 2 Place the cauliflower florets at the ends of the bell pepper slices so that they look like clouds.
- 3 Put yogurt in your bowl.
- 4 Mix in curry powder and garlic powder.

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