

Sensory Activity

For our first week of Food Dudes Fun at Home we will be tasting fruit and vegetables and describing them using our senses. It is important to taste different types of fruit and vegetables many times as it can take up to 10 tries to acquire a taste to something new. There is also a fun game for the whole family to get involved.

Instructions

Part 1: A game for the whole family!

1. Set up a mystery box at the top of the room with one hole in it for someone to put their hand into, without seeing what is inside.
2. Place a fruit or vegetable inside the box whole or cut in half.
3. Designate one person at a time to come up and put their hand into the box and describe what they feel.
4. Everyone else can ask questions to investigate what is inside the box.
5. Arrange for a selection of fruit and vegetables to be placed in the box.

Materials required: a cardboard box with one hole in it, a selection of fruit and vegetables.

Examples of fruit and vegetables that can be used: kiwi, banana, blackberry, a peach, broccoli, celery, mangetout, green beans. (any fruit or vegetable would be suitable for this exercise).

Example questions:

- ✓ Is this a fruit or a vegetable?
- ✓ What does it feel like?
- ✓ Is it hard/ soft?
- ✓ Is it smooth or lumpy?
- ✓ Is it rough on the outside?
- ✓ Is it wet or dry?

Once players have guessed correctly, they can further investigate the fruit and vegetables based on the five senses. Here are some more questions they can ask.

- ✓ What colour is it?
- ✓ Is it round/ long/ big/ small?
- ✓ What does it smell like?
- ✓ Does it smell sweet/ sour/ bitter/ refreshing/ earthy

Introduction to Food Dudes Fun at Home

Part 2: Tasting Fruit and Vegetables using your Senses

1. Choose one fruit and one vegetable and prepare it for the child to eat. Examples:
 - ✓ Red pepper and melon
 - ✓ Cucumber and orange
 - ✓ Carrots and strawberries
2. Encourage children to use all of their senses when tasting the fruit and vegetables.
3. Using the sensory activity sheet below, children can draw the fruit and vegetable they have chosen at the top of the sheet. Children can then describe the sensory characteristics of the fruit and vegetable and write them on the activity sheet.

Choose one fruit and one vegetable to use for this exercise and draw them into the two boxes at the top.

Remember:

- ✓ If you don't have a printer you can complete this exercise in a copy book.
- ✓ If you don't have fresh fruit or vegetables in the house you can use frozen or tinned or complete it based on memory. Describe the last fruit and vegetables you remember eating!



Don't forget to share
your sensory adventures
and use the hashtag
#FoodDudesFun

Tasting Fruit and Vegetables using your Senses

	Fruit	Vegetable
<p>Remember: It is important to listen whilst eating!</p>		
<p>I see</p> 		
<p>I smell</p> 		
<p>I feel</p> 		
<p>I taste</p> 		
<p>I hear</p> 		