

Title: Taste Test with Fruit and Vegetables

Age Group: Kindergarten / School Age

Submitted by: **Cherrie L. (Annunciation)**



Type of Activity: Emotional

Materials:

- Fruits and Vegetables available (Including the items that the children already like, and some items they may not like or may be curious about)
- Paper
- Markers

How to Do it:

- Wash the fruits and Vegetables and put them on a table.
- Make a list of the fruits and vegetables on the table for recording the test.
- Find a soft fabric scarf, and tie it around your children's heads to make them blindfolded.
- During the game, put one fruit or vegetable in front of the children each time.
- Ask the children to taste the fruits / vegetables, and describe what they taste.
- Encourage your child to try to find different words to describe the taste. Then ask if they like the tastes or not, and why.
- Record the names of vegetables / fruits if the children can name it.
- For the ones that the children do not guess right, you could tell them the names and ask them if they want to taste again.
- For kindergarten children, after the taste test, you could give them the fruits and vegetables words cards and let them practice matching the word to each fruit and vegetable.
- Older children you can talk about these fruits and vegetables, with you asking open-ended questions. For example, which are their favourite? Why don't they like certain fruit or vegetable? How could they make them tastier for themselves? Also discuss healthy food options with the children.

Root Skill / Extension:

Emotional 2.1: Self-Concept & Well-Being

Extend the learning: Ask the children to think of the kind of dishes or drinks they could make with these fruits and vegetables. Also, children can switch places and have parents/caregivers do a blind taste test.

Older children could write a food review of their favourites. See the Food Word list below for helpful hints.

Credit: Food Words - Describe Taste and Flavour

<https://www.kyrene.org/cms/lib2/AZ01001083/Centricity/Domain/1671/Food%20words.pdf>