



Lesson 5: Using Your Senses

Nutrition Objective:

1. Students will be able to describe two characteristics of their fruit or vegetable snack by using their senses.

Supplies/Materials:

- Today's fruit or vegetable snack
- Fruit and Vegetable Reference List for Teachers (in beginning of binder)
- Fruit and Vegetable Matching posters
- Chart paper or white board and marker
- Fruit and Vegetable lists (**Remember to add this week's fruits and veggies to the list.**)
- Fruit and Vegetable Scavenger Hunt worksheet (one for each student)

Lesson:

Ask→ Has anyone eaten a red, yellow or orange fruit or vegetable this week?

Ask→ What fruit or vegetable did you eat?

Say→ Today we are learning more about using describing words for different fruits and vegetables.

Ask→ What are the 5 senses? Write them on chart paper or the board. (*see, hear, taste, smell, and feel*)

Say→ Let's talk about what senses you use when you eat an apple.

Ask→ What does an apple **look** like? (*round, red, green or yellow*)

Ask→ What does an apple **sound** like when you take a bite? (*crunchy*)

Ask→ What does an apple **taste** like? (*sweet, juicy, tart*)

Ask→ What does an apple **smell** like? (*sweet*)

Ask→ What does an apple **feel** like? (*smooth, firm, hard*)

Say→ We can talk about fruits and vegetables in different ways. Let's talk about our snack today.

Activity #1: Have students explore today's fruit or vegetable snack. Answer the following questions as a group. Write responses on chart paper or the board. (See Fruit and Vegetable Reference list in front of binder for adjectives.)

- What does your fruit/vegetable **look** like?
orange, tiny, like a leaf, like a tree
- What does your fruit or vegetable snack **sound** like when you eat it?
crunchy, squishy, loud, quiet
- What does it **taste** like?

sweet, sour, sweet, juicy, yummy, bitter

- What does it **smell** like?

sweet, fruity, fresh

- What does your fruit/vegetable **feel** like?

cold, firm, fuzzy, hard, mushy, soft, sticky, wet

Activity#2: Fruit and Vegetable Matching Posters Display the posters so that the children will be able to reach them. Pass out the pictures of fruits and vegetables. Call on volunteers to come up to match the picture they have with the one on the poster. Ask the children to say one describing word about the fruit or vegetable when they place it on the poster.

Activity #3: Fruit and Vegetable Scavenger Hunt worksheet Display the Fruit and Vegetable Matching posters. Read the directions and instruct the children to work with a partner and refer to the posters to help them find the answers.