

Lesson Plan: Taste & Smell

Learning Objectives

- Encourage curiosity and openness to new flavors and smells
- Support children in naming and exploring sensory reactions without judgment
- Reinforce that it's okay not to like something **yet**

Featured Fruits & Veggies

- Fruits: Mango, banana, rambutan, jackfruit (ripe), dragon fruit, lychee
- Veggies (steamed or mashed): Sweet potato, pumpkin, eggplant, taro

Materials

- Bite-sized pieces of each item
- Smell jars (with small bits of food to sniff)
- Visual tasting chart:
 - 😊 “I liked it!”
 - 🤔 “I’m still getting used to it!”
 - 🤢 “I wasn’t sure, but I tried!” (optional playful symbol)
- Napkins, wipes, water

Food Safety



Ensure any food for tasting is served in sizes and shapes appropriate for the child. You should also check for any allergies or intolerances before starting an activity.

Activity: Sniff, Taste, Try! 30-40 mins

1. Welcome & Storytime (5 mins) – “Trying New Things”

- Introduce the idea: “Sometimes our tongue and nose need time to learn new smells and tastes—that’s okay! We can always try again another time.”

2. Smell Station (10 mins) – “Let’s Use Our Noses!”

- Let kids sniff each fruit or veggie in a small cup or jar
- Ask:
 - “Does it smell strong or soft?”
 - “What does it remind you of?”

Encourage “I’m still getting used to it” as a friendly response if they seem unsure.

3. Taste Try Time (10–15 mins) – “Try It, Taste It!”

- Offer small samples, one at a time
- Let children choose how they respond:
 - 😊 “I liked it!”
 - 🤔 “I’m still getting used to it”
 - 🦋 “I tried it and I’m proud!”

Adults/teachers model using the phrase: “Hmm... I wasn’t sure about papaya at first, but now I like it! I’m still getting used to taro, though!”

4. Sensory Reflection (5–10 mins)

- Ask children:
 - “Which food smelled the most interesting?”
 - “Which one are you still getting used to?”
- Let them place stickers or tokens next to their food responses on a large poster

5. Closing Circle (5 mins) – “Brave Food Explorers!”

- Give out “Food Explorer” cards or badges
- Repeat the message: “It’s okay to be learning! Our tongues are growing and learning just like we are.”

Notes 

Age Modifications:

- 18m–3y: Model the phrase and use simple visuals/faces
- 4–6y: Let kids repeat the phrase themselves and encourage group sharing