

Lesson Plan: Hearing & Texture

Learning Objectives

- Introduce children to Southeast Asian produce through sound and texture play
- Build awareness of how food feels and sounds when touched, bitten, or chewed
- Support sensory development and early food literacy

Featured Fruits & Veggies (with sound potential)

- Crunchy: Jicama, young guava slices, steamed lotus root
- Squishy/Moist: Mango, papaya, steamed sweet potato, jackfruit (ripe)
- Slurpy/Soft: Dragon fruit, banana, steamed pumpkin

Materials

- Fruits & veggies cut into safe, bite-sized pieces
- Noise-canceling headphones or ear coverings
- Listening chart with simple icons (🔊 = loud, 🗣️ = soft, 🤫 = no sound)
- Texture board: soft, smooth, squishy, rough
- Plates, napkins, wipes

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: Cover Your Ears

Adjusted Activity Flow (30–40 minutes)

1. Welcome & Introduction (5 mins) – “Can You Hear Your Food?”

- Gather children in a circle and introduce the idea:
- “Food isn’t just about taste—it makes sounds too! But what happens if we can’t hear those sounds?”
- Show noise-canceling headphones or demonstrate covering ears with hands.

2. Texture Discovery (10–15 mins)

Set up a tasting tray with different textures:

- Squishy: Ripe papaya, banana, steamed pumpkin
- Crunchy (but safe): Jicama stick, soft guava slice
- Smooth/Moist: Mango slice, dragon fruit
- Sticky/Chewy: Jackfruit, soft cooked taro

3. Quiet Chewing Game (10 mins) – “Cover & Crunch”

- Instruct children to cover their ears (or wear headphones).
- Offer one bite of food. Let them chew slowly while covering their ears.
- Ask:
 - “What did you feel in your mouth?”
 - “Did it feel soft or crunchy without hearing it?”
- Then try the same food again with ears uncovered.
- Ask: “Was it louder? Did it feel different?”

4. Group Reflection (5–10 mins) – “Texture Talk”

- Show pictures of the foods again and ask:
 - “Which one felt the softest?”
 - “Which one was fun to chew without sound?”

Notes

Age Modifications:

- 18m–3y: Supervise closely during tasting, simplify questions to “Yummy?” or “Loud?”
- 4–6y: Let them describe food with sound words, vote for favorites, or draw what they heard

Optional Take-Home:

- “Food Sound Detective” badge
- A mini chart of the day’s fruits & veggies with space for parents to try it at home