



Lesson Plan: Sight & Touch

Objective:

Highlighting the two senses: sight and touch when engaging with food in a joyful manner

Introduction

We eat with our eyes, using our sense of sight more than any other sense. Sight is a kind of sorting mechanism, a first “sensory barrier”. The eyes don’t like to be disappointed. The more impressed we are by how something looks, the more we expect from it, in terms of taste.

Touch is essential to how we experience food. Texture, for example, is very important to our taste experience. To analyse, remember and share a sensory experience, words are important.

Materials

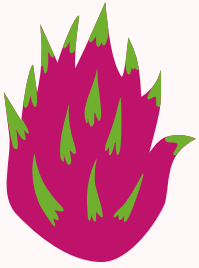
- Fruits and vegetables with a variety of textures and shapes like rambutan, star fruit, dragon fruit, or hairy gourd
- Magnifying glass (optional)
- Bags/clean socks to hide the fruits/vegetables
- Child safe knives, plates and chopping board (for tasting)

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: Sight



Explain that we are using our eyes to look carefully at fruits/vegetables. Hold up one of the fruits/vegetables and ask the children to describe what they see – colour, shape, texture, patterns on the skin. If you have magnifying glasses, use them to look very closely. At the end of the activity, slice the fruits/vegetables and offer them to the children to taste. Anyone who doesn't want to eat them can smell, touch or lick them instead. Could you tell how they would taste from how they looked?

Activity: Touch - What's in the Bag?



Fill bags/clean socks with fruits/vegetables. Pass round the bags/socks. Demonstrate how to reach your hand inside and feel what is there. Encourage the children to describe what they feel, not just to identify the fruit or vegetable. E.g. they might say 'it's round and hard with a stalk' (Apple). Encourage them to use textural descriptive words such as hard, smooth, rough, bumpy, squishy. Now give the children samples of food to taste. (Remember that 'no one has to like' and 'no one has to try'). Does dragonfruit flesh taste the same as the outside of the dragonfruit? What was your favourite food today and why? Did anyone try anything new today?

Notes



To support children's sensory food education experience:

- use the golden rules ('no one has to try' and 'no one has to like') as the basis for food experiences
- get parents involved by telling them the foods their child explored and let them know if any preferences have changed as a result (for example 'your child tried choy sum today and actually liked it')