

# Tasting Workshop



Give students a variety of fresh foods to explore using all of their senses following the steps below. Allow them to discuss the food based on each sense using descriptive words. Aim to build their vocabulary and avoid words like “nice” or “horrible”. Note these words beside the corresponding sense on the activity sheet on the next page or on scrap paper.

This session is a great way to begin cooking in the classroom as it encourages students to try foods they may be unfamiliar with. It is also a good opportunity to try some basic skills like chopping or peeling before you being working on a recipe.

You can follow along with a video workshop [here](#) for a more in depth look at each sense.

**Foods to try:** Onions, garlic, lemon, lime, strawberry, apple, carrots, mint, basil, coriander, thyme or any other herbs.

If possible have a selection of foods from the school garden. Supplement with fresh, shop bought produce if needed. Aim for foods which represent different flavours, textures etc.

**Sight:** Place the food items one at a time on each group’s/student’s table and allow them time to come up with and write down words to describe how the food looks. Prompt language such as colour, shape, visible textures etc. Ask if they make any assumptions about how it tastes, feels etc.

*Possible extension: Allow each student to choose one item to draw/paint etc.*

**Touch:** Allow students to touch the object and describe how it feels. Write down words that come to mind. Does it feel as they expected?

*Possible extension: Try it blindfolded. Can they identify the object? Does it change the descriptive words used?*

**Smell:** Chop the food items into smaller chunks. Have the students smell each food item and discuss what they notice. Do any students connect the smell with a sense of taste?

**Taste:** Carefully chew and taste each different item. Describe how it tastes. Is it what was expected? What connections can be made with the previous senses?

*Possible extension: Try chewing carefully with your nose pinched for 10 seconds, then release your nose. Is there a difference when your nose is blocked/unblocked?*

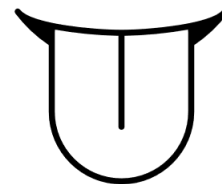
**Sound:** Try another bite and this time focus on how it sounds when chewing or eating. Is it loud or quiet? How does this connect with the textures?

After you have completed each sense exploration put all the descriptive words from different student’s sheets together on the board and discuss how they found the exercise, what foods surprised them etc.

# Tasting Workshop Activity Sheet

Food Name:

Student Name(s):



Write in the words you would use to describe the food you are examining based on each of your senses beside the correct symbol.