

## PLAN: KNOW WHAT'S FOR DINNER

# Sense-able Clues

### LEARNING GOAL

Allow your students to explore the five senses while eating.

### LEARNING OBJECTIVE

Children will be able to describe how we use each sense when we eat.

### LEARNING QUESTION

What senses do we use to eat?

## Preparation

### YOU WILL NEED

#### Found in Your Kit

- Large Paper for “Documentation Panel” (25"x30")
- Sharpie marker
- Apples (3 per 20 children)
- Canned pears (3 per 20 children)
- Canned diced potatoes (1 can per 20 children)
- Colored paper cups (3 per child)
- Cutting knife
- Cutting board
- Five senses photographs
- Jump with Jill CD

### NEW WORDS

**Sense of Sight:** The capability of the eye(s) to focus and detect images of visible light on photoreceptors in the retina of the eye.

**Spanish Translation:** *vista*

**Preschool Translation:** The sense that allows us to see. We use our eyes to help us see.

**Sense of Hearing:** The sense of sound perception.

**Spanish Translation:** *oír*

**Preschool Translation:** The sense that allows us to hear sounds or noise. We use our ears to help us hear.

**Sense of Taste:** The capability to detect the taste of substances such as food, minerals, and poisons etc. The sense is often confused with flavor, which is a combination of the taste and smell senses.

**Spanish Translation:** *probar*

**Preschool Translation:** The sense that allows us to taste food when we eat. We use our tongue to help us taste.

**Sense of Touch:** A perception resulting from activation of neural receptors, generally in the skin, but also the tongue and throat.

**Spanish Translation:** *tocar*

**Preschool Translation:** The sense that allows us to feel things around us. We use our skin and tongue to help us feel the things around us.

**Sense of Smell:** The capability to distinguish different scents.

**Spanish Translation:** *oler*

**Preschool Translation:** The sense that allows us to smell things. We use our nose to help us smell.

### BEFORE YOU BEGIN

1. Bring in real examples or use color photographs depicting each sense (e.g. eyes to see).
2. Peel apples. Cut apples and pears into small cubes. Make sure to keep track of each food; they will look very similar once cut into cubes.
3. Place the apple cubes into small blue paper cups, pear cubes into small purple paper cups, and potato cubes into small teal paper cups. Each child will receive three cups, each containing a different food.
4. If you do not have colored paper cups, label each cup with colored markers, so that you can tell which cup contains each food.

## PREDICTION PANEL

Ask each child “what senses do we use when we eat?” Write their answer on a large post-it note or board. Make sure to include their name next to their answer. This can be displayed when the parents come to pick up their children. This panel is best completed during the experiment.

## Exploration

### WHAT TO DO



SIGHT



HEARING



SMELL



TASTE



TOUCH

1. Use real, models, or photographic examples of the five senses to support your discussion.
2. **Say:** Today we are going to learn about the senses. A sense is a way that our bodies learn about the things around us. We have five senses and we use them all every day. Can anyone name one of our senses? Right, seeing, hearing, smelling, touching, and tasting.
3. **Say:** The sense of sight allows us to see. What do we use to see? Right, we use our eyes to see. The sense of hearing allows us to hear sounds or noise. What do we use to hear sounds? Right, we use our ears to help us hear. The sense of taste allows us to taste food when we eat. What do we use to taste? Right, we use our tongue to help us taste. The sense touch allows us to feel things around us. What do we use to feel? Right, we use our skin and tongue to help us feel the things around us. The sense of smell allows us to smell things. What do we use to smell? Right, we use our nose to help us smell.
4. **Say:** Today we are going to try to play a game using our senses. I have three foods. One food is an apple, one is a pear, and one is a potato, but I am not sure which food is which. We are going to use our 5 senses to figure out which food is a fruit and which food is a vegetable.
5. Pass out apple and pear samples to each student.
6. **Say:** First, we are only going to use our sense of sight. What do we use to see? Right, our eyes! What color is each food? What shape is each food?
7. **Say:** Next, let's use our sense of smell. What do we use to smell? Right, our nose! Pick up each cube and smell them. What do they smell like? Do they smell the same or different. Do you think you know which is which?
8. **Say:** Next, let's use our sense of hearing. What do we use to hear? Right, our ears! Pick up each cube and hear them. What do they sound like? Do they sound the same or different?

What senses <u>will</u> we use to eat?	
Sally	
Gabriel	
Keisha	
Peter	
Chris	
Yulon	

What senses <u>did</u> we use to eat?	
Sally	All 5
Gabriel	All 5
Keisha	All 5
Peter	All 5
Chris	All 5
Yulon	All 5

9. **Say:** Now we are going to use our sense of taste sense! What do we use to taste? Right, our tongue! Pick up the cube in the red cup and taste it. What does it taste like? Do you think you know what it is? Right, it is an apple! Now, pick up the cube in the green cup. What does it taste like? Do you think you know what it is? Right, it is a pear! Now pick up the cube in the white cup. What does it taste like? Do you think you know what it is? Right, it is a potato!
10. Pass out construction paper and coloring materials. Ask the children to draw a picture of themselves using their senses to eat their favorite snack. Walk around and ask children to describe which senses they are using to eat.
11. After each child finishes their drawing encourage them to clear their space, wash their hands, and wait for further instruction.
12. End the activity by playing track 4 of your Jump with Jill CD “Nature’s Candy”. Remind children that fruit like apples and pears are sweet and healthy!

## QUESTIONS YOU CAN ASK

**Q:** What are our five senses?

**A:** Great job, seeing, hearing, tasting, smelling, and touching!

**Q:** What senses did we use to eat our snack?

**A:** Right, all five senses!

**Q:** How did we use our sense of sight?

**A:** Our sense of sight allows us to see the food we are eating.

**Q:** How did we use our sense of hearing?

**A:** Our sense of hearing allows us to hear the food we are eating. Some food is noisier than other food. For example, when we eat a juicy apple, it makes a "crunch" sound.

**Q:** How did we use our sense of taste?

**A:** Our sense of taste allows us to taste food when we eat.

**Q:** How did we use our sense of smell?

**A:** Our sense of smell allows us to smell the food we eat.

**Q:** How do we use our sense of touch?

**A:** Our sense of touch allows us to feel the food we eat. Remember, our tongue can feel too!



