

Lesson	The Senses of Food	60-minute session
Learning Outcomes	<ul style="list-style-type: none"> To learn about how food effects our senses How our brain processes our reactions to food How we can make automatic assumptions about food that are not always true <i>(Potential links to Science & Literacy)</i>	
Resources Needed	<ul style="list-style-type: none"> Senses Sheet Word Bank (if required) Blindfolds, Discovery Boxes & Earmuffs/Ear Defenders (if required) Food Samples 	

Adaption maybe required for need and age. Consideration must be given to any allergy or dietary requirements.

	Outline	Resources
Introduction 10mins	<p>When we eat, we don't just use our mouths! Food evokes all sorts of reactions from our senses and we all react to food in different ways.</p> <p>Can you name the 5 senses?</p> <ul style="list-style-type: none"> Touch Taste Sight Hearing Smell <p>Using the senses sheet - Can students name a food that makes them think of these senses in both a positive and negative way.</p> <p>Discuss the students' answers, does anyone have the same foods listed? And why did they list them? Was there a sense that was harder to use to identify your reaction to the food?</p>	Senses Sheet
Activity 1 – Senses Experiments 40mins	<p>Activity Set Up</p> <p>Ensure you have a number of different foods which will excite the different senses. <i>(You will need to be sensitive towards students not wishing to take part in some of the experiments – particularly the taste and touch elements)</i></p> <p>Good foods to use for these senses are –</p> <ul style="list-style-type: none"> Touch – Fruits, Vegetables, Jelly Taste – Sauces, Juices, Smoothies Sight – Raisins, Vegetables Hearing – Crisps, Crunchy Bread or Vegetables (downloaded cooking sounds) Smell – Citrus Fruits, Herbs, Spices, Cheese <p>Alternative –</p> <p>Take one type of food to explore all of the 5 senses through, for example, carrots or grapes - cut them in different ways, use different coloured varieties, cooked and raw/fresh and dried.</p> <p>Working in small groups – rotate the groups around each experience which should be set up in different areas of the classroom. Use things such as blindfolds, discovery boxes/jars and ear defenders to isolate a specific sense, if required. Students should use the sense sheet to document their thoughts and feelings.</p> <p>Students could use the word bank tool to help them describe their reactions to the foods. Have they changed their minds about any?</p>	Senses Sheet Word Banks (if required) Blindfolds, Ear Defenders etc (if required)

Plenary 10mins	Class discussion to share experiences and findings Additional Homework Task – Challenge the students to look at one food in a different way at home. Experiment with this food in a similar way and report back their findings.	
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