

Adventurous Eating Sensory Food Activity

Included in this pack

- 5 Sense Star pages
- Key descriptive words page
- Food Feedback Activity
- Adventurous Eating Certificate

What you'll need

- Card (or paper) to print on
- Fruits and Vegetables to try!
- A magnifying glass is handy for the 'look' activity
- Washed hands!

Instructions

1. Print all 5 sense star sheets. You may wish to cut out the stars for younger kids to just use the icons.
2. Laminate the sheets - this is optional in case the food exploration gets messy!
3. Print as many activity sheets and certificates as children if appropriate
4. Search and [play 'Bub Loves Food'](#) to the kids to start off your lesson - we recommend the singalong version!
5. Have the accompanying PDF or [Slides 'Sense Stars'](#) displayed on your whiteboard.

Suggestions

There are many ways in which you can use this resource in the classroom (and at home)!

1. For snack time - make snack time more of a sensory experience by pointing to the sense stars as the children try their food!
2. For a group healthy eating activity - Have a piece of fruit or veg in front of the children. Put a sense star on the table and go through the questions, encouraging the children to engage with the fruit.
3. As a carousel - Placing the sense stars on 5 tables, the kids take their fruits and veg to each table in rotation and explore them.

TIP:

1. **The senses can be in any order... although you might want to leave 'Taste' until last, otherwise they might not have any left to explore!**
2. **Encourage the children to have agency over their food preferences - if they don't want to try it this time, that's ok. Maybe they can just give it a little lick? Or perhaps try it again next time!**



Smell



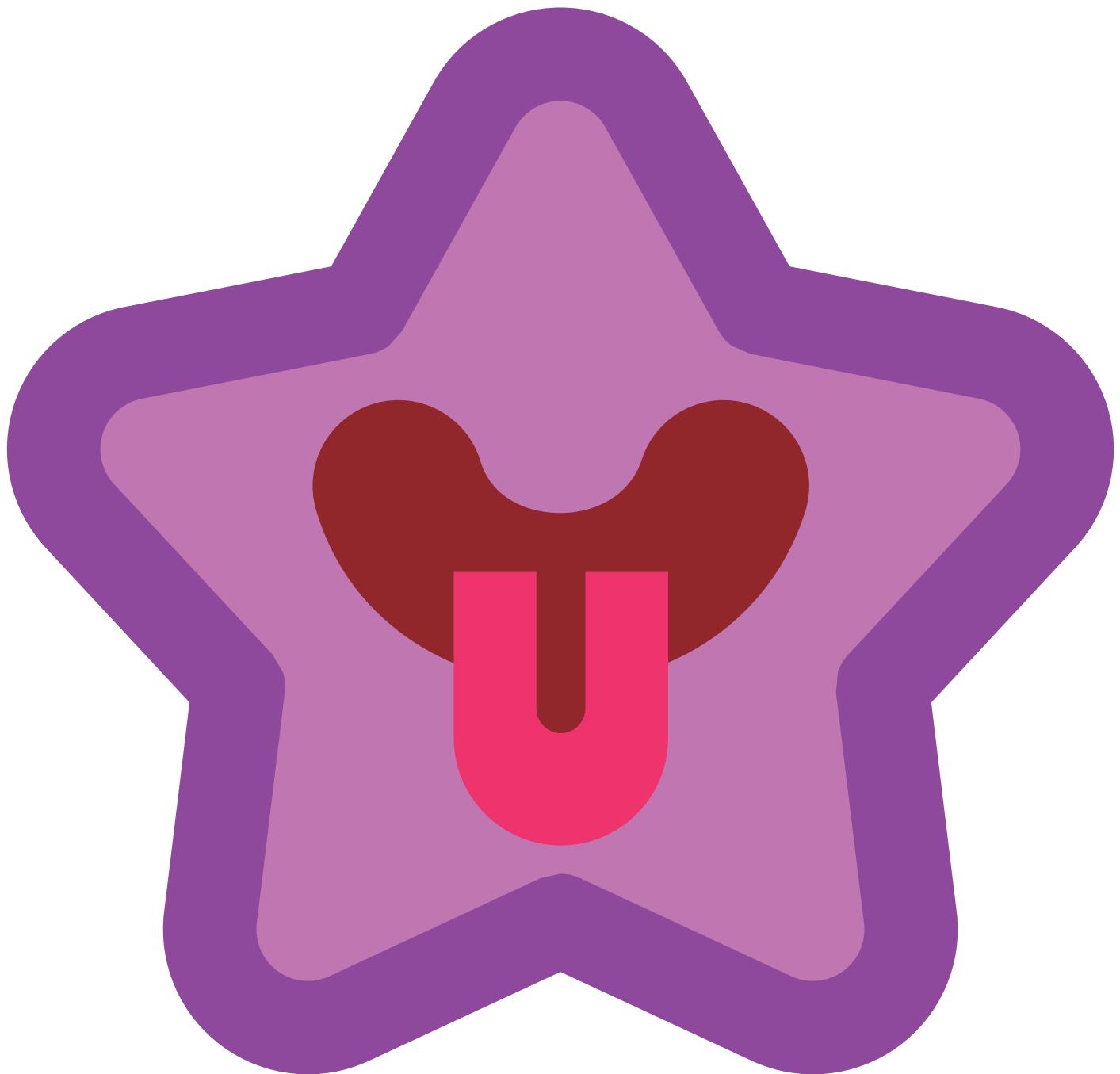
**Will you smell the food?
Did you like the smell?
What does the smell remind
you of?**

Look



**What can you see?
What colour is it?
Do you like the colour?
Do you like the shape?**

Taste



**Will you try a bite?
Did you like it?
How does it taste?**

Touch



**Can you touch the food?
How did it feel?
Did you like how it felt?**

Listen



**How does it sound when you
touch or eat it?
Do you like the sound?**

Food words

squeaky heavy crunchy

tough soft fluffy

juicy bumpy leafy

patterned big small

shape shiny smooth

leafy bumpy rough

spiky furry strong

peppery earthy fruity

minty sweet bitter

salty savoury sour

Certificate of Recognition

Awarded to

for

Adventurous Eating!

Signed by **Bub**

Today I tried...

Did you like it?

Draw
your food!

How did it taste?

Draw what it
smells like!

What did it smell like?

Teach your monster
ADVENTUROUS
EATING

teachyourmonster.org