

NAME: \_\_\_\_\_

# 5 SENSES



## HEARING, TASTE, SIGHT, SMELL, TOUCH

**We have 5 ways of sensing the world around us: hearing, taste, sight, smell and touch. Have you ever thought how eating incorporates not just our sense of taste, but all of our senses? We often like a certain food as much for how it makes us feel as how it tastes.**

*Let's take a moment to really look at today's snack – admire its shape, size, colour and texture. Think about how it started as a tiny seed and the journey it took to get to your classroom. Use your nose and smell it first so your mind and taste buds can anticipate what's to come. Don't rush, take your time to explore all the sensations of your snack.*

*Write down the first thing that pops into your mind when you first see or hold your snack in your hand (That's your food connection).* \_\_\_\_\_

*Now, describe it to a friend **without** saying its **colour** or **shape**. Talk about how it grows, how large it is, how you eat it.... Use strong, visual adjectives.*

**Describe the colour on the outside. What does it makes you think of?**

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**Describe the size, shape and feel of your snack. Does it remind you of anything?**

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**Does your snack have a smell? Is it strong or mild?**

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**OUTSIDE** - DRAW TODAY'S SNACK IN ANY FORM – ON THE PLANT, PLATE, PORTIONED, WHOLE, OR IN A BUNCH.

FIRST, CLOSE YOUR EYES AND IMAGINE WHERE AND HOW IT GREW. CAN YOU SEE THE FRUIT ON THE TREE OR VINE, OR THE VEGETABLE BELOW THE GROUND?

**INSIDE** - AFTER YOU'VE TAKEN A BITE, OR FINISHED YOUR SNACK, DRAW A PICTURE OF WHAT IT LOOKED LIKE ON THE INSIDE, OR THE PART LEFT OVER THAT YOU DIDN'T EAT.

**OUTSIDE**

**INSIDE**

**GO AHEAD  
TAKE A BITE...**

Now look at the inner structure of your snack.  
Is the colour or texture different on the inside?




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Smell your snack again. Did it change? Is the aroma stronger, milder or sweeter? Does it remind you of anything?

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Close your eyes and listen...Do you hear anything when you bite into and chew your snack?

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## My Sensational Snack Scale

Use the chart below to rate your snack on a scale of 1 to 5

**1** = no thanks, not for me    **5** = OMG best snack, EVER!  
(circle one number for each category)

Flavour	1	2	3	4	5
Juiciness	1	2	3	4	5
Crunch Factor	1	2	3	4	5
Overall Impression	1	2	3	4	5

Add up the numbers for your sensational score for this snack.  
Total \_\_\_\_\_

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TEAR ALONG LINE AND TAKE HOME

Today at school for snack I tried \_\_\_\_\_ and really liked it.

I gave it a sensational score of \_\_\_\_\_

We should try it at home sometime \_\_\_\_\_ yes \_\_\_\_\_ no

