

5 SENSES OF THE 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?					
Describe the size, shap	e and feel of your snack. Does it remind you of anything?				
Does your snack have	a smell? Is it strong or mild?				

Art Still Life

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.

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INSIDE



Nov	v look at	the inner	structur	e of you	ur snack.
ls t	he colou	ır or text	ure differ	ent on	the inside?





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



Close your eye	s and listenDo	o you hear	anything i	when
uou bite into ar	nd chew your si	nack?		

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

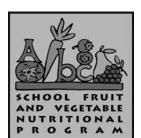
Add up the numbers for your sensational score for this snack.

Total

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

Agriculture in the Classroom

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