

Food Explorer Activities

Sensory experiences with food

These activities aim to offer tamariki opportunities to build their vocabulary and learn more about food through sensory exploration. Offer sensory experiences with food outside of usual meal-times to allow tamariki to build familiarity and confidence with foods and to support acceptance of fruits and vegetables at meal-times. Incorporate these food explorer activities into your planned curriculum activities.

Te Whāriki Learning Outcomes

- Contribution | Mana tangata
- Communication | Mana reo
- Exploration | Mana aotūroa

Other Learning Outcomes

- Developing an awareness of smell, sight, hearing and touch
- Developing oral language
- Broadening vocabulary for describing attributes of food

Become a food explorer using your senses!

1. Explore the 'whole' fruit or vegetable

Ask everyone participating to wash their hands before and after the activity. Set up a learning table so tamariki can explore an array of fruit and vegetables utilising their senses.

Kaiako can prompt tamariki to describe their sensory experience with questions like, 'What does the fruit or vegetable feel like?' or 'What does it smell like?'. Encourage the use of descriptive words by the tamariki (smooth, rough, sweet).



- What colour is it?
- Have you seen it before?
- What is it?
- Describe it's shape and size.



- What does it smell like?
- Is it sweet or sour?



- What does it feel like?
- Is it smooth, furry, bumpy, hard?



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2. Explore inside

Now cut a cross section of the fruit or vegetable to explore inside. You could provide magnifying glasses or other tools for the food explorers, like a grater, peeler or potato masher.



- What colours are on the inside?
- How is it different to the outside?
- Does it have skin/peel/seeds?



- What does it feel like?
- How is it different from the outside?



- What sound did it make when it was cut?



- What does it smell like?

Considerations:

- Encourage tamariki to show respect to food while they are learning about it.
- Be aware of any allergies before beginning the activity.
- Minimise waste by using damaged fruit and vegetables, food scraps and placing used food into the compost or feeding chickens, rabbits, pigs or birds.

