

My Five Senses- Whole Child Adaptation



Question of the Day: What is your favorite fruit and how would you describe it?

Theme: You can see, hear, smell, taste, and touch fruits while you are eating them. Eating fruit every day is important for your health!

Social-Emotional



- **Active involvement:** Ask children about their five senses. “What do you like to taste, hear, feel, smell, and see? What do you dislike?”
- **Choices:** Talk about trying new fruits and how children can use each of their five senses.

Cognitive



- **Science:** Give each child a kiwi slice that includes the peel. Ask questions: What does it feel like? What color is it? Does it have a sound? What does it smell like? What does it taste like?
- **Sensory:** Place different fruits in paper bags and have the children guess what each one is by using their sense of touch and smell.
- **Sorting:** Group fruits in a variety of ways. Consider: size, texture, smell, color, taste and sound.

Language & Literacy



- **Read—** *We Eat Food That's Fresh!* or *My Five Senses*: Children learn about their five senses through exploring fresh food.
- **Develop Language:** Discuss with children the different tastes, smells, textures, colors and sounds of fruits by using receptive and expressive language. Challenge children to use descriptive words. Post these words around your classroom.
- **Language with Music:** Using the COWP CD, play “Sing a Song of Senses.” Ask students what they have smelled, tasted, touched, heard, or seen today.

Physical Development & Health



- **Resource—***Encouraging PA in Preschoolers*: “Music & Movement” p.64-65. Watch what happens when music is playing.
- **Music and Movement:** Use musical instruments and/or your COWP CD to have children engage in music and movement. Utilizing outdoor space, play some upbeat music that encourages children to get their bodies moving and their heartbeats up! You can pick a guided song or simply put on some music and let the creativity flow, while children dance around.

For additional activities, songs & information, visit cowpprogram.com

My Five Senses- Lesson Process

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Materials and Ingredients:

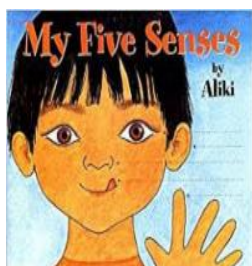
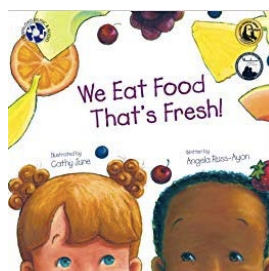
- Book *We Eat Food That's Fresh!* or *My Five Senses*
- COWP Nutrition Education Program CD
- 3 Apples
- 3 Oranges
- 1 Container blueberries
- 3 Kiwis
- Plastic spoons, knives, serving bowls and paper plates



Preparation:

- Everyone washes hands with soap and water.
- Have the children help wash all fruit.
- Prepare the apples, kiwis, and oranges by cutting into smaller pieces in advance, so they are easy for children to cut into smaller bites.
- Place all lesson fruits in serving containers.

Introduce Lesson to Children:



- Read *We Eat Food That's Fresh!* or *My Five Senses* to the children.
- Ask: *What is your favorite fruit and how would you describe it?*
- Tell children they will be exploring different fruits with their five senses. They will get to make a My Five Senses fruit salad and discuss why fruit is healthy for their bodies.
- Sing the song "Sing a Song of Senses."



Lesson Process:

- Have children wash their hands.
- Have children serve themselves the different fruits offered in the lesson and ask them to use their five senses (hearing, sight, sound, smell, touch) to describe them. Children may cut the fruits into bite-sized pieces on their own plates.
- Sit together, eat and enjoy the My Five Senses fruit salad! Encourage everyone to try new fruits.

Family Letters:

- Send the family letters home to let parents know about the fun activity shared in class.
- Ask children to talk about their five senses with their families.



SNAP-Ed
Division of Food & Energy Assistance

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