



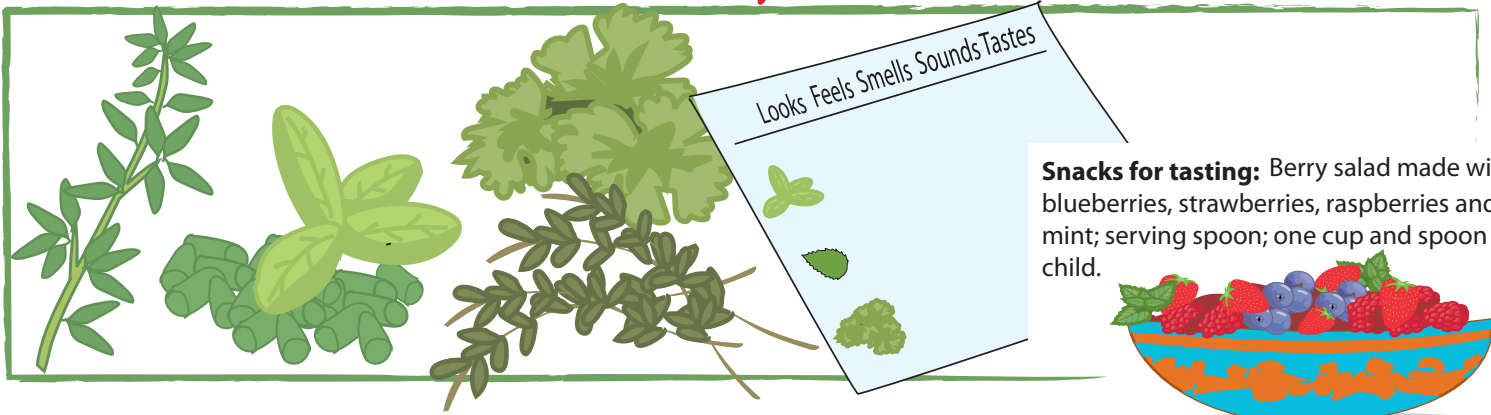
GrowingGreat Veggies & Fruits

A National STEM Education Program

sponsored by



See, Hear, Smell, Touch and Taste



Snacks for tasting: Berry salad made with blueberries, strawberries, raspberries and mint; serving spoon; one cup and spoon per child.

You Will Need: Choose three herbs from the following: basil, chives, cilantro, mint, rosemary, thyme. If you have a garden, choose herbs growing there and harvest with the children; if not, choose whatever is easiest to find at the grocery store or nursery.

1. Cut the herb leaves into small pieces so that every child can have some for experimenting.
2. Give each child a paper towel and samples of each herb to put on the towel.
3. Draw a chart on the board like the one in the illustration.
4. Discuss the look, feel, smell and taste of each herb and record observations on the chart.
5. Crinkle each herb between your fingers, holding it up to your ear. Do they sound different? Why?
6. Mix the berry salad with the children, discussing the ingredients. Then have them serve themselves.

- Describe something you tried that you hadn't tasted before.
- What are the names of the herbs?
- What was your favorite smell today? Why?
- Tell me about something that tasted really good.
- How can you change the taste of food?
- Where do herbs and fruit come from?



Serving nutritious food family-style allows children to practice making healthy food choices. With independent exploration they can practice mindful eating and begin to understand when they are "full." The more familiar children are with nutritious food, the more likely they are to try it and incorporate it into their daily meals.

Sing

The Bear Went Over The Mountain



The bear went over the mountain (3 times)
To see what he could see. (3 times)
The other side of the mountain (3 times)
Was all that he could see.



(Repeat song, substituting "hear, smell, feel or taste" for "see." For the tune, search for "The Bear Went Over the Mountain" on youtube.com.)

READ

The Bear Went Over the Mountain by Iza Trapani. Skyhorse Publishing, 2015.

¡Yum! ¡Mmmm! ¡Que Rico! (English Edition) by Pat Mora. Lee & Low Books, 2007.

Teaching Tips

GrowingGreat activities encourage children and adults to learn and play together. We suggest you alternate between quiet, focused time and moving and playing. For this activity, we start with the story, then get up and do the song and hand motions, and finish with the hands-on science activity and snack.

1. Do you encourage children to play with science?

We focus on process rather than content. We allow children to practice STEM (science, technology, engineering, and math) skills such as testing hypotheses and problem solving. In this activity, children discover how they can use their five senses to make firsthand observations about herbs.

2. Are there opportunities for language development?

We read stories, ask questions, and sing songs to connect with students and teach vocabulary. We stop throughout the story to allow children to talk about what we're reading. Children use new words for observations regarding their five senses and the names of herbs and fruits.

3. Are the experiences open-ended?

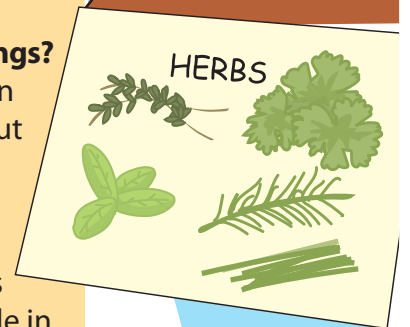
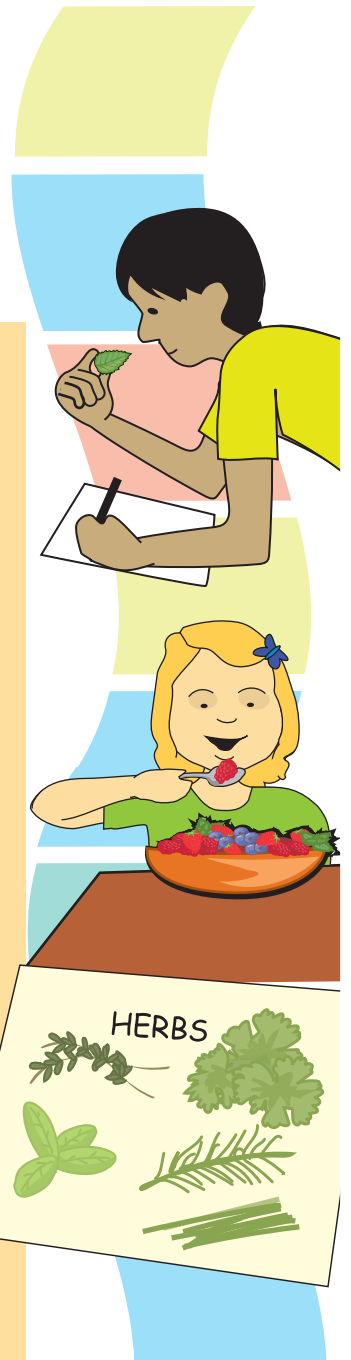
We offer more than one way to engage with materials in a setting where there can be more than one right answer. We ask open-ended questions and listen to children's answers. There is no "right way" to make a berry salad!

4. Do your environment and materials include a mixture of familiar and new things?

We provide authentic, real-life experiences using edible materials from the garden and grocery store. Children will likely be familiar with the berries in this activity but could be trying the herbs for the first time.

5. Are you a co-explorer with the children, not an expert?

We allow children to self-direct their own observations by choosing which senses they use to explore each ingredient. Children choose which ingredients to include in their berry salads. Adults and children can play, taste, and be messy together.



GrowingGreat's mission is to empower children to make healthy food choices through hands-on science and garden education. Does your school have a garden or nutrition education program? Email info@growinggreat.org for more information.

Illustrated by Dennis Smith



**Growing
GREAT**
INSPIRING HEALTHY EATING

