

# Live Move Grow Lesson Sense of Taste

The sense of taste is one of the five senses that helps us to experience the world around us. It allows us to enjoy the flavors of food and drink, and it can also help us to identify different objects. For young children, exploring their sense of taste can be a fun and educational experience.



## Live Move Grow Lesson 5: Sense of Taste by Jennifer Ward

★★★★★ 5 out of 5

Language	: English
File size	: 1011 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 26 pages
Lending	: Enabled



In this Live Move Grow lesson, we will explore the sense of taste through a variety of fun and engaging activities. We will learn about the different parts of the tongue, how they work, and how we can use our sense of taste to identify different objects.

## Activities

### 1. Tongue Painting

#### Materials:

- Food coloring

- Water
- Paper
- Paintbrushes

### **Instructions:**

1. Mix food coloring and water in a small bowl.
2. Dip a paintbrush into the food coloring solution and paint a picture on a piece of paper.
3. Use your tongue to lick the paintbrush and taste the food coloring.
4. Repeat with different colors of food coloring.

## **2. Taste Test**

### **Materials:**

- Variety of foods with different flavors (e.g., sweet, sour, salty, bitter)
- Blindfolds

### **Instructions:**

1. Blindfold a child.
2. Offer the child a variety of foods to taste.
3. Ask the child to identify the flavor of each food.
4. Repeat with different children.

## **3. Smell and Taste Test**

## **Materials:**

- Variety of foods with different smells and tastes (e.g., lemon, orange, onion, garlic)
- Blindfolds

## **Instructions:**

1. Blindfold a child.
2. Offer the child a variety of foods to smell.
3. Ask the child to identify the smell of each food.
4. Then, offer the child the same foods to taste.
5. Ask the child to identify the taste of each food.
6. Repeat with different children.

## **4. Texture Exploration**

### **Materials:**

- Variety of foods with different textures (e.g., smooth, rough, sticky, crunchy)
- Blindfolds

### **Instructions:**

1. Blindfold a child.
2. Offer the child a variety of foods to touch.

3. Ask the child to identify the texture of each food.
4. Then, offer the child the same foods to taste.
5. Ask the child to identify the taste of each food.
6. Repeat with different children.

## **5. Food Journal**

### **Materials:**

- Journal or notebook
- Pens or pencils

### **Instructions:**

1. Have children keep a food journal for a week.
2. Each day, ask children to write down everything they eat and drink.
3. Also ask children to rate each food item on a scale of 1 to 5, with 1 being the least favorite and 5 being the favorite.
4. At the end of the week, have children share their food journals with the class.

The sense of taste is a complex and fascinating sense that can help us to enjoy the world around us. By exploring the sense of taste through these fun and engaging activities, young children can learn about how their bodies work and how they can use their sense of taste to identify different objects.

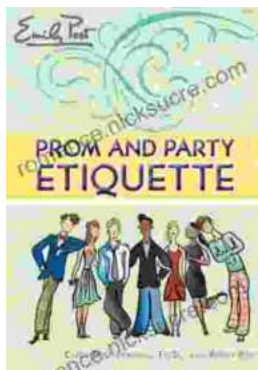
We hope you enjoy this Live Move Grow lesson! For more fun and educational activities, be sure to check out our other lesson plans.



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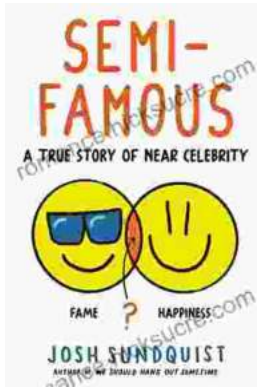
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