

TastEd Early Learning Resources

8) What's in the sock?



Touch

You will need:

For the activity:

A range of whole vegetables and fruits for feeling e.g. apple, onion, pomegranate, pepper, baby corn, corn on the cob, sugarsnap peas, plus 6-10 long socks. Use anything that is available and seasonal but avoid anything too squishy or juicy like berries. Hide the produce in the socks.

For tasting: have extra quantities of two or more of the fruits or vegetables for tasting. Rinse or slice them (or for pomegranate, cut it open and remove the seeds).

A reusable plate or paper napkin for each child.

Before you start, everyone washes their hands.

Have the children sitting down. Pass round the socks. Demonstrate how to reach your hand inside and feel what is there. Encourage the children to describe what they feel, not just to identify the fruit or vegetable. E.g. they might say 'it's round and hard with a stalk' (Apple). Or 'It feels like an apple but with a tuft' (onion). Encourage them to use textural descriptive words such as hard, smooth, rough, bumpy, squishy. 'It feels smooth and papery'.

Now give the children the samples of food to taste. (Remember that 'no one has to like' and 'no one has to try'). Share observations and listen to others. Do pomegranate seeds taste the same as the outside of the pomegranate? What was your favourite food today and why? Did anyone try anything new today?

Curriculum Links:

Communication and Language: 'Children listen attentively in a range of situations'.

