TastEd

See

Which is the Greenest?

Parents/carers… these first few slides are for you

(So children look away now! We need a couple of minutes.)

Today:

We will be using sight to decide which green vegetable is the greenest, describing the look of different green vegetables and creating sentences about them.

Before you start you need:

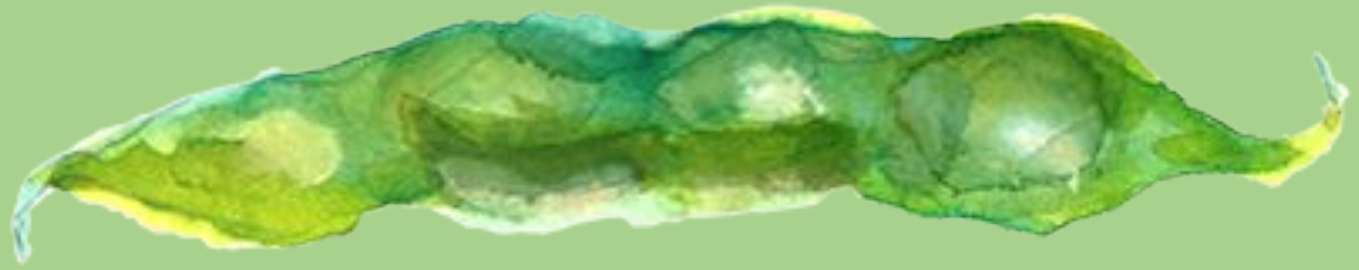
A range of green veg that ideally can be eaten raw (any green veg you have will do). Different green veg might include: peas, cucumber, spinach, celery, lettuce, broccoli, mint or basil.

If you have a magnifying glass in the house, it's fun to use that to look at the veg but don't buy one specially.

You can make one if you have a plastic bottle: https://www.science-sparks.com/make-your-own-magnifying-glass/

Prep:

Wash the green veg before the lesson so they are ready to taste at the end.



Golden Rules:

While you are doing the TastEd activity, no one has to like any of the food or even to taste it (including parents!).

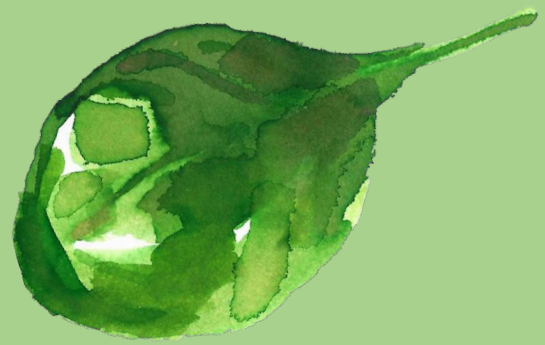
This may be different from the rules you have at mealtimes. But TastEd activities are about exploring food without any pressure to taste. If your child doesn't want to taste the food maybe they can explore it by smelling, licking or touching it.

We're ready to go...
(time to get the kids involved)

If you want to know more and see the learning objective for this activity head to the end of the presentation for more detailed notes.

Today we are exploring some different foods. This is called TastEd (short for taste education).

Before we get started...



Let's wash our hands.

Use soap and warm water.

We wash our hands for as long as it takes to sing Happy Birthday twice!

There are two golden rules about food for today:

No one has to try it

No one has to like it

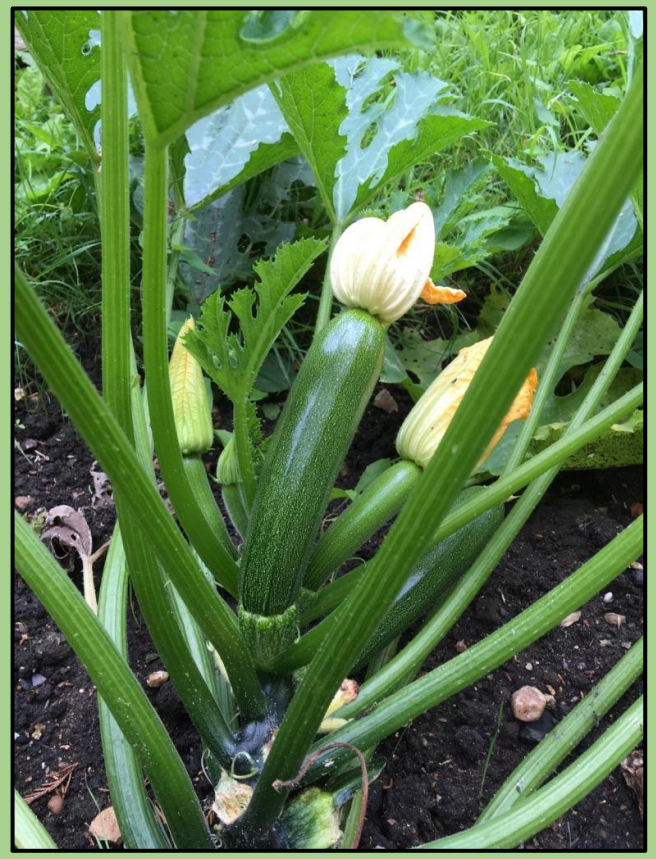
What are our five senses?

Today we are going to use our sense of sight…

See

Do you like green vegetables?
Can you say why?

Plants have a special chemical in them called chlorophyll. It helps them take energy from the sun while they are growing and makes them green.



Green leafy vegetables are super healthy for us to eat.

They are packed full of vitamins and minerals.

Being green is like a superpower for vegetables!

The more chlorophyll a leafy plant contains, the greener it will be.

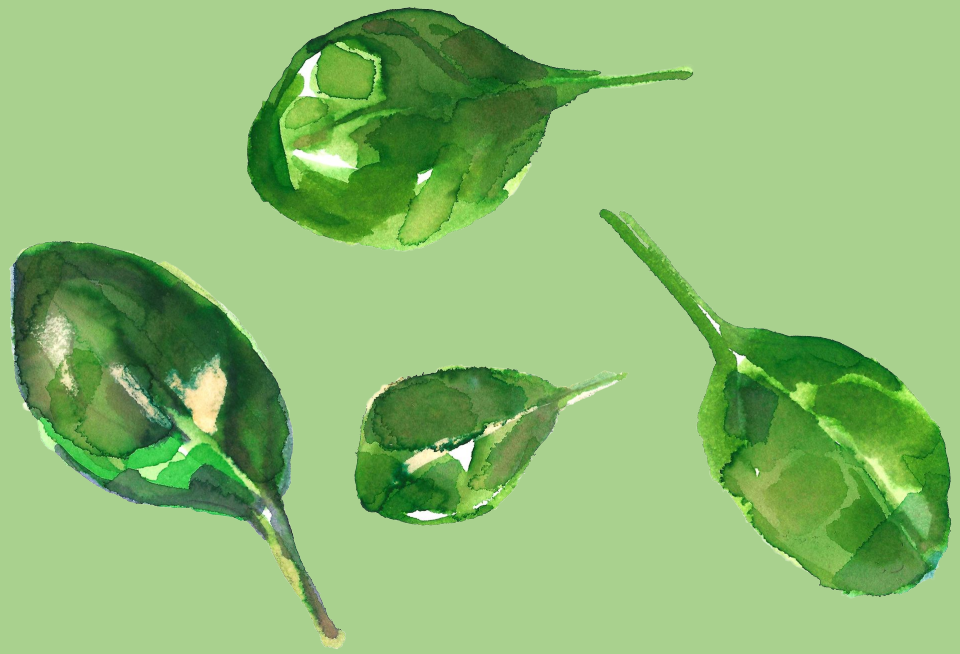
The darker green a leafy vegetable is, the more vitamins it contains.

Some vegetables are pale green.
Some are deepest darkest green.

What kind of greens can you see in this sugar snap pea?

There are hundreds of different green leaves in the world that we can eat. They all look different.

When green vegetables are cooked, the bright green colour usually fades. This is a delicious dish of Indian sag paneer: spinach and cheese.



Did you know…that the mushy peas we eat with fish and chips are not really green? They are actually dyed green with food colouring. The natural colour of mushy peas is grey.

Did you know...that spinach is so strongly green that it can be used to colour other foods green? Green pasta contains spinach juice!

Now let's see which green vegetable we've got in the house.

What do they look like?
What colours can you see?

Which vegetable is
the greenest of them all?
Which was the least green?

Can we look very closely at each vegetable?

What patterns do you notice?

Is it all one shade of green
or can you notice more
than one colour?

If you have a magnifying glass, you could use that to look even closer at the different greens.

What do the different greens remind you of?

Is it green like grass or green like a Christmas tree or green like something else?

Now shall we try some of the green vegetables?

Remember that you can smell or lick the vegetables instead. You can also cut them into tiny pieces (as small as a pea) and try those.

Can you write about the different green vegetables you looked at?

Here's what some other children have said about green vegetables:

'The cucumber looked pale green like water in a river.'

'The spinach was as green as The Hulk.'

One child looked at peas in a pod and said 'It looks like a bobsleigh team'. What does it look like to you?

If you have time, you could draw a picture of your favourite green vegetable.

Which vegetable did you like the best? Can you say why?

Did you try anything new today?

TastEd

Thanks for taking part in a TastEd Lesson today.

Please remember to fill in our survey once you've done one or more TastEd lessons:
https://www.tasteeducation.com/after-tasted-lessons-feedback-survey/

Optional further activities:

Art: Your child could do some observational paintings of green vegetables trying to emphasise all of the different shades and tones.

D and T: Your child could design their own green salad using raw green salad vegetables such as celery, cucumber, lettuce, rocket and herbs.

SAPERE TastEd

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Full Parent Carer Notes for Lesson 1

Who is this for? Key Stage 1 students, those aged 5 to 7

What is the learning objective? Children experience new green vegetables with their sense of sight and communicate about food using speech and writing. Children learn that they can try foods in different ways - with their eyes, nose, ears and hands as well as with their mouth. Children learn to 'understand and apply the principles of nutrition' (D & T).

What do I need? For this you need some green vegetables, ideally ones that can be eaten raw. This could just be two vegetables, so you can compare them, if you've got more available that's also great. It could be some frozen peas and a bit of cucumber that's left at the back of the fridge, some other veg you could use are: spinach leaves, lettuce, celery, cabbage, broccoli, mint or basil. Rinse the vegetables before or during the lesson so that your child can try the food, it's important that the opportunity to taste the food forms part of the lesson. To avoid waste any uneaten veg left at the end of the session can be put into dinner, green veg might work nicely in a salad.

Which sense are we focusing on today? Sight, this lesson is all about how the vegetables look and the colour the child can see. When you get to the section where you introduce vegetables ask your child to describe what they see, try and be descriptive when talking about colours e.g. dark green, grass green, forest green.

Does my child have to try the food? They definitely don't have to try or like the food, these are TastEd's two golden rules. If they don't want to try eating the food they might want to use their other senses, they could touch, smell or lick the food.

Does this link to the National Curriculum? Yes, here are the ways this lesson links to the National Curriculum:

- Writing: Composing a sentence orally before writing it.
- Year 1 Science: learning about the importance for humans of…eating the rights amounts of different types of food – with reference to green vegetables.
- Plant science: learning that plants get energy from the sun.

Word Bank - here are some words that can help you and your child discuss the vegetables in the lesson:

Colours: forest green, olive green, grass green, pale green, bright green, dark green, khaki, neon green,frog green, grasshopper green, jade green, leaf green, moss green, pea green

Similes: like the Hulk, like a dinosaur, like a lizard, like a frog, like a field, like moss