TastEd

# Touch

Touch Detectives

# Parents/carers… these first few slides are for you

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

# Today:

We're going to put some different fruit and vegetables into the bottom of some long (clean) socks and let your child use their hand to see if they can guess what it is.

## Before you start you need:

Long socks and some fruit and veg with different textures, whatever you have in the house is good. (Avoid soft foods like berries as they won't do well in the bottom of a sock!)

A knife and chopping board to cut the fruit and veg into bite size chunks for you both to taste.

# Hint:

Put each piece of fruit or veg in individual socks before the lesson starts so they don't have a chance to see what they are.

# 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 to 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 two times!

There are two golden rules about food for today:

- **No one has to try**
- **No one has to like**

# What are our five senses?

Today we are talking about our sense of touch...

Touch

We touch with our hands.

Can we touch food with another part of our body?

The feeling of touching food with our mouth is called **texture** or mouthfeel.

# Food can have different textures

It can be...

fuzzy

bumpy

shiny and smooth

What textures can we see at this vegetable market?

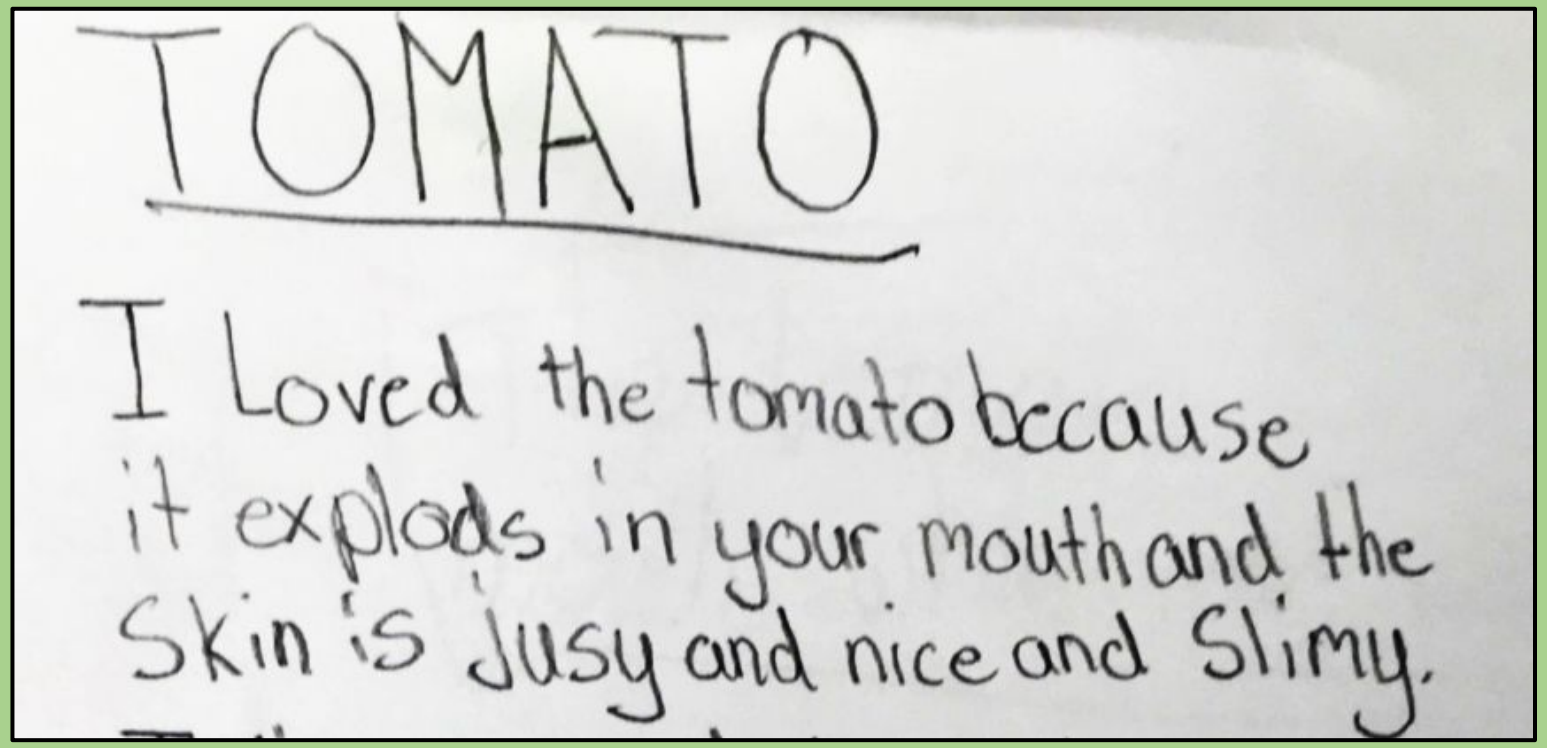
Are there any textures of food that you really don't like?

How do you feel about slimy foods or soggy foods or furry foods?

Often, when we say we like or don't like the taste of a food what we really mean is the texture.

How do you feel about the juicy seeds inside a tomato? Maybe you love this texture,
or maybe you are
not so keen.
Can you say why?

# Here is what one child wrote about a tomato's texture:



Most people prefer crisp apples to mealy (soft) ones.

Which kind of apple do you prefer?

Some people like vegetables that are cooked and soft. Some people prefer vegetables that are crunchy and raw. Which do you prefer?

Some foods are solid. Some foods are liquid. And some foods – like eggs– can turn from solid to liquid when you cook them.

How do you think frozen grapes will feel in your hand compared to warm grapes?

When we touch a food with our hands, we can start to guess how it might feel in our mouths. Our hands can tell us if food is cold or hot, hard or soft. The feeling of food gives us **clues** about its texture.

# Today we are going to be Touch Detectives!

Close your eyes and put you hand inside the sock in front of you. Describe what you can feel inside the sock.

What does it feel like on the outside?

What does it remind you of?

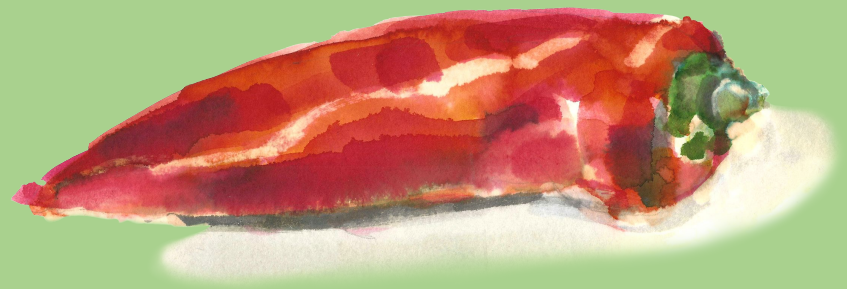
What is the shape like?

What is the size like?

What does it feel like if you squeeze it?

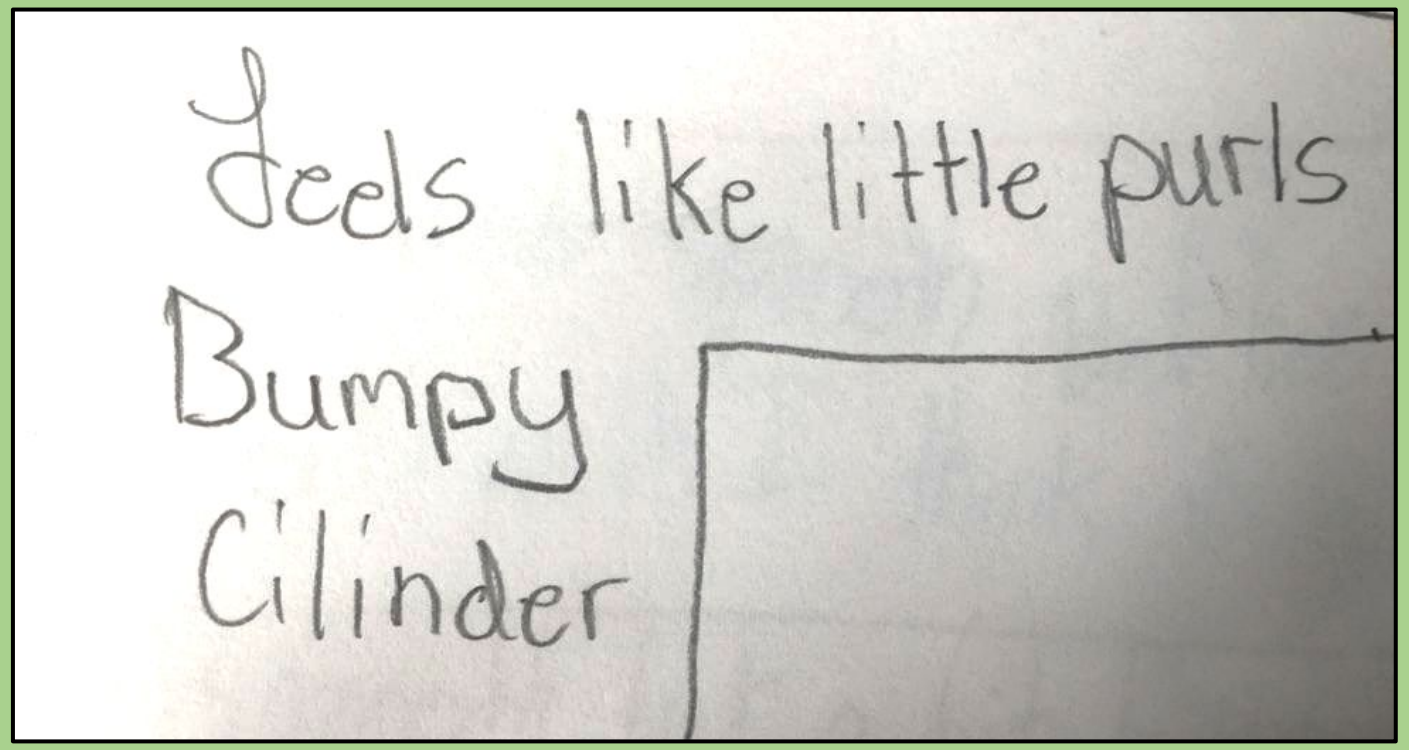
# Now let's look inside...

Let's try the game again with each of the socks. Try to use as many words as you can to describe the food even if you can't name it. Is it round? Is it smooth? Is it bumpy? Is it hard or soft?



Can you tell the food apart when it feels almost the same? How could you tell if you were touching a cucumber or a courgette?

Can you use words to say what the food reminds you of? Here is what one child wrote about some corn on the cob hidden in a sock.

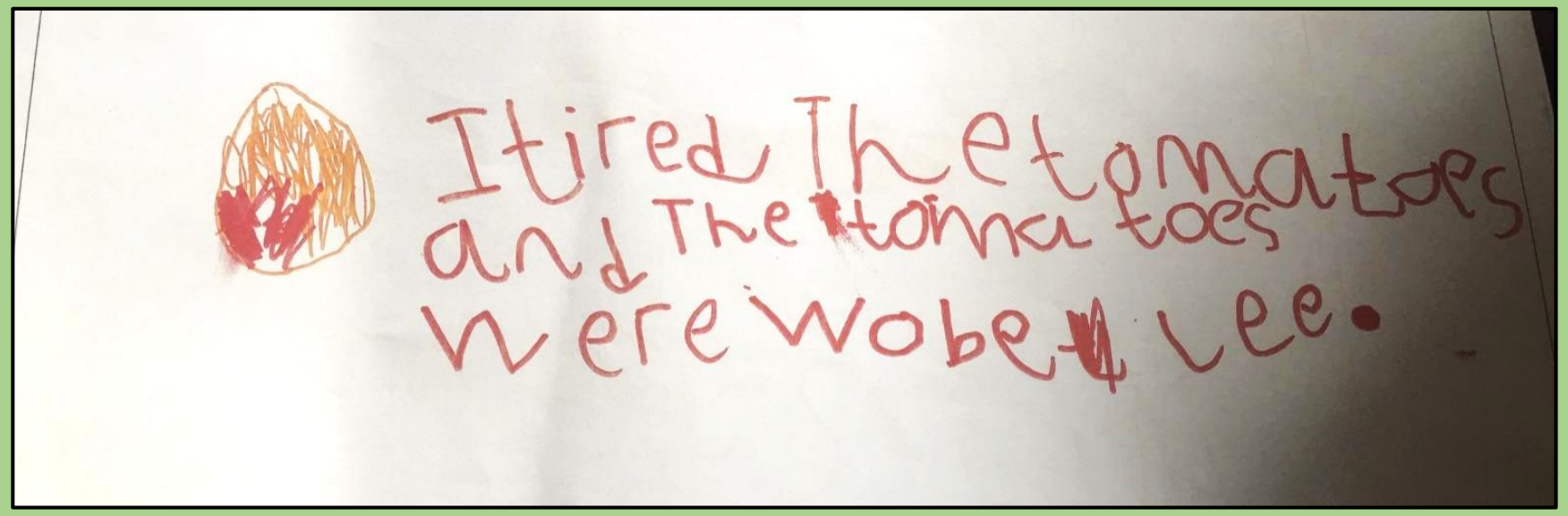


Let's try some of the fruit and vegetables. (Adults: pick a few of the foods that can be eaten raw, rinse them and slice them up for tasting).

How does it **feel** in your mouth when you eat it?

# Write a sentence about how the food felt when you tried it.

Here is what another child wrote:



Did you touch or taste anything new today?

Which textures did you like best?

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 activity:**

Art: Create a collage depicting fruits and vegetables with different textures. Use a range of materials for sticking on the collage: shiny paper, matt paper, corrugated paper, fabric (anything you can find in the house, including toilet paper or newspaper)

SAPERE TastEd

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# Parent / Carer Notes for Lesson 4

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

**What is the learning objective?** Children experience new fruit and vegetables with their sense of touch 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?** Long socks and a range of fruits and vegetables with different textures, whatever you have in the house is good for this lesson. Avoid soft foods like berries as they won't do well in the bottom of a sock! A knife and chopping board will also be useful to cut the fruit and veg into bite size chunks for tasting at the end.  To avoid waste any uneaten vegetables left at the end of the session can be added to dinner, greens might go nicely in a soup.

**Which sense are we focusing on today?** Touch, this lesson is focusing on how the fruit and veg feel. Touch is our largest sensory organ, it can warn us of danger, telling us when food is too hot or too spikey to eat. Sometimes, if your child dislikes a food, it is actually the texture not the taste that they don't like.

**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:

- Communication and Language: Uses talk to organise, sequence and clarify thinking, ideas, feelings an events.
- PSED: 'Children are confident to try new activities, and say why they like some activities more than others'.
- Mathematics: Children 'explore characteristics of everyday objects and shapes'.

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

Shapes: round, circular, sphere, long, cone-shaped.
Touch to the hand: smooth, rough, fuzzy, furry, solid, hard, soft, ridged, bumpy, springy.
Texture in the mouth: crunchy, wet, stringy, grainy, juicy, soft, hard, nubbly, seedy, chewy.
Similes: 'like velvet', 'like a bouncy ball', 'like alligator skin', 'like paper', 'like pebbles'.