Tasted

Taste

Carrots and carrots
Parents/carers... these first few slides are for you

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

Discovering that the same orange carrot can taste and feel different depending on whether it’s in sticks, grated or cooked. At the end you can try the food together.
Before you start you need:

Carrots, a knife and chopping board (to chop the carrots), a grater (to grate the carrots) and a pan or tray to cook the carrots.
Hint:

This lesson involves tasting a carrot chopped, grated and cooked. Either do this before to make it easier or incorporate it into the lesson to teach your child some new skills.
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 are talking about tasting
We can taste food with our mouth...

Taste
Today we will think about the way that a carrot can taste very different depending on how you prepare it...
Where do carrots grow?
Do they grow on a tree like an apple?
Do carrots grow on a bush like a blackberry?
No, carrots grow in the ground!
Which part do you eat, the orange root or the green leaves?
Usually, we eat the orange part of the carrot. But the leaves can actually be eaten too. You can wash them and whizz them up into a carrot top pesto!
Are carrots always orange?
No, carrots can also be purple or red or yellow.
Until the seventeenth century, there were no orange carrots. In those days, purple carrots were the normal kind.
Now, most carrots are orange. But they still come in many different shapes. What does this carrot remind you of?
Food can taste, smell and look very different depending on whether it is cooked or raw, chopped or whole.
Do you like raw or cooked carrots best?

Why is that your favourite?
Sometimes we like a vegetable more when it is cooked. Sometimes we like it more when it is raw.
Do you like apples best crunchy and raw or cooked in an apple pie?
When we chop or cook a vegetable, we change the texture (the feeling or touch) as well as the taste.
We can change the texture of a carrot depending on how we slice or chop or grate it.
Carrot can also be cooked in many different ways. You can steam it or boil it or make it into a soup.
You can mix carrot with herbs and oil and lemon juice to make a delicious salad.
Now let’s try carrot prepared in different ways.

Grated carrots?
Chopped carrots?
Cooked carrots?
What do you taste?

If you don’t want to put the carrot in your mouth, you can try it by:
- smelling
- licking
- looking
- touching
Which version of carrot was...

The sweetest?

The softest?

The crunchiest?
Even if you didn’t like the carrot, can you say why?

‘I didn’t like the grated carrot because it was too wet’.

‘I didn’t like the cooked carrot because it was too soft’.
If you did like the carrot, can you say why? (Adults too!)

'I loved the cooked carrot because it was so sweet'.

'I enjoyed biting into the carrot sticks because they made a loud crunch, as loud as a giant’s footsteps'.

'My favourite was the grated carrot because it felt delicate like strands of orange spaghetti'.
Can you write a sentence about how the different carrots tasted?
Here is what another child wrote about carrots:

I liked the raw carrots best because of the nice, loud crunch.
If you like, you could also draw a picture of a carrot.
Did you try anything new today?
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:
Food education: Make a carrot soup.
Maths: Link the shapes of a carrot to different 2-D and 3-D shapes in geometry: a whole carrot is a cone, a sliced carrot becomes a series of circles. What other shapes can you chop a carrot into?
Full Parent Carer Notes for Lesson 5

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

What is the learning objective? Children experience carrots in different forms with their sense of taste 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? The only vegetable you need here are carrots. You will also need a knife (to chop the carrots), a grater (to grate the carrots) and a pan or tray to cook the carrots. You can either prepare the chopped, grated and cooked carrots before the lesson or do it with your child during the lesson, obviously being careful with knives and boiling water. To avoid waste any uneaten carrots left at the end of the session can be added to dinner, maybe a carrot soup.

Which sense are we focusing on today? Taste. Your child can try and taste the different ways carrots taste depending on how they are prepared.

Interesting fact: Carrots originated in Afghanistan. Early varieties tended to be red or purple rather than orange.
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.
- English: Use of comparatives: sweetest, crunchiest.
- D & T: Understand the basic principles of a healthy and varied diet.

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

Adjectives: sweet, fresh, earthy, savoury, salty, soft, crunchy, stringy, round, circular, rectangular, orange, pale orange, dark orange.
Similes like spaghetti, like string, like a tree trunk, like a coin.