# TastEd

## Smell

Citrus Scratch and Sniff

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

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

# Today:

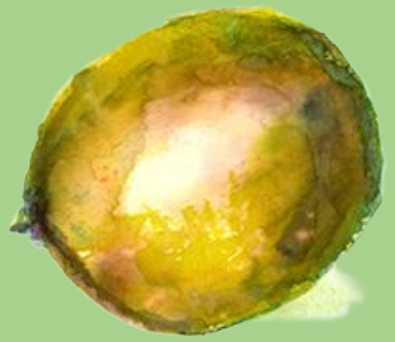
We will be identifying citrus fruits by smell alone. We will then find out if they taste the same way they smell.

**Before you start you need:**

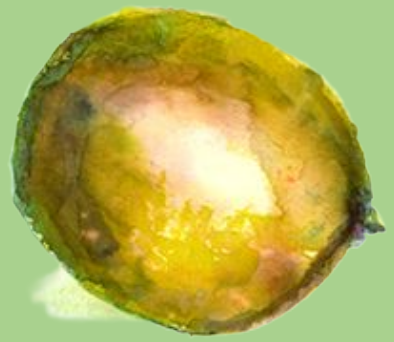
At least two different citrus fruits - give them a rinse.
(e.g. orange, lemon, grapefruit, lime, clementine - whatever you can get)

A knife and chopping board, keep the fruits whole for now, we'll tell you when to chop them up!

Optional: a blindfold (e.g. if you have a sleeping mask that would work)



# Hint:



Keep the fruits out of sight at the start of the lesson as we want the children to guess what they are just using smell.

# 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.

# Hello!

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 your 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**

Can we name the five senses and what we need each one for?

Today we are going to use our sense of smell. Which part of our body will we use?

Smell

Today is all about citrus fruits. Citrus means fruit in the orange family, like lemons and clementines. Can you name any more citrus fruits?

There are actually hundreds of different citrus fruits.
In Britain some of the most popular ones are:

- limes
- grapefruits
- clementines
- mandarins
- oranges

There are LOTS of other types of citrus fruits in the world such as:

- pomelo
- yuzu
- ugli
- citron

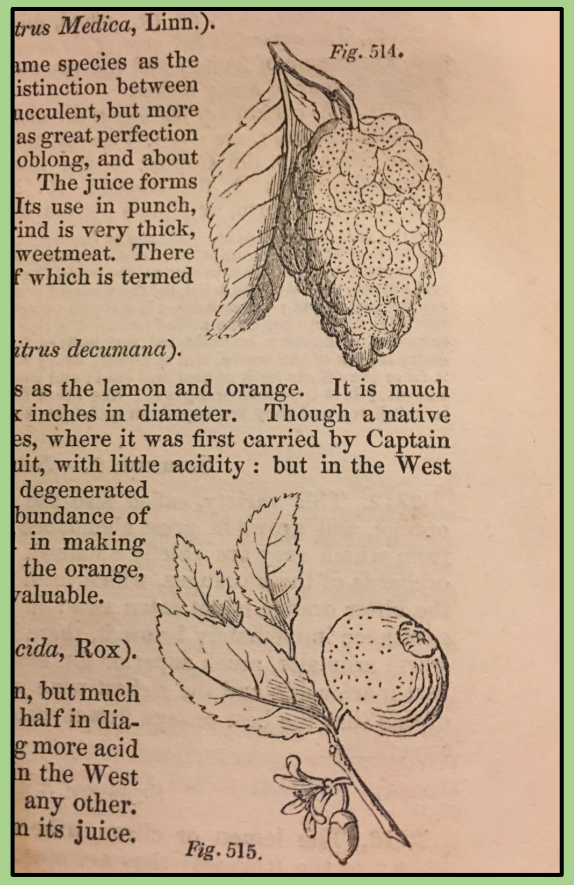
The fruits in the photograph are called **limequats**. They are tiny and you can eat them whole!

In Italy and Spain one of the most popular oranges is called blood orange. Can you figure out why it is called a blood orange?

A blood orange is red inside like blood (but it tastes almost just like a normal orange)!

Where do oranges and lemons grow? Do they grow in the ground like a carrot?

No, lemons and oranges grow on trees. They grow well in sunny Mediterranean countries such as Italy and Spain, as well as South Africa and California in the U.S.A.



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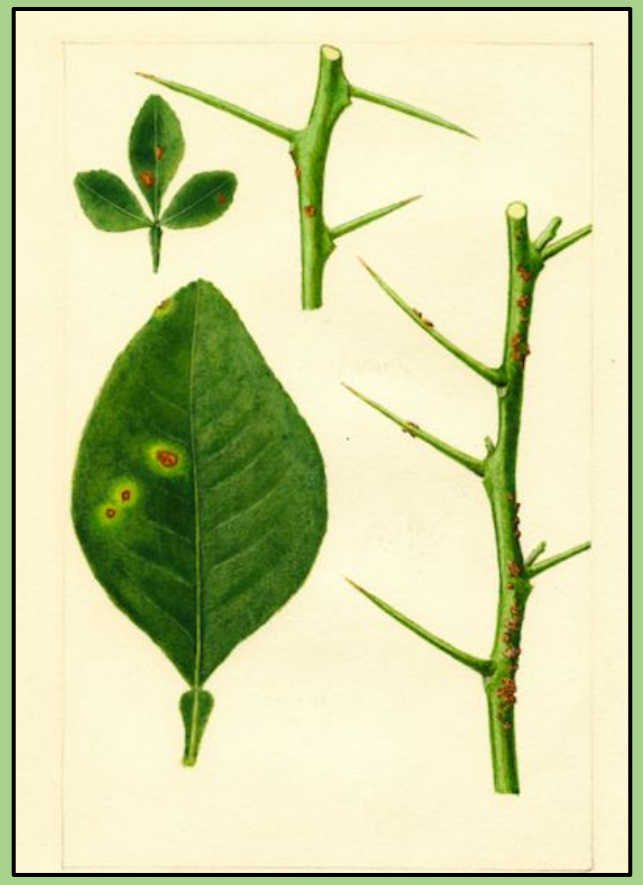
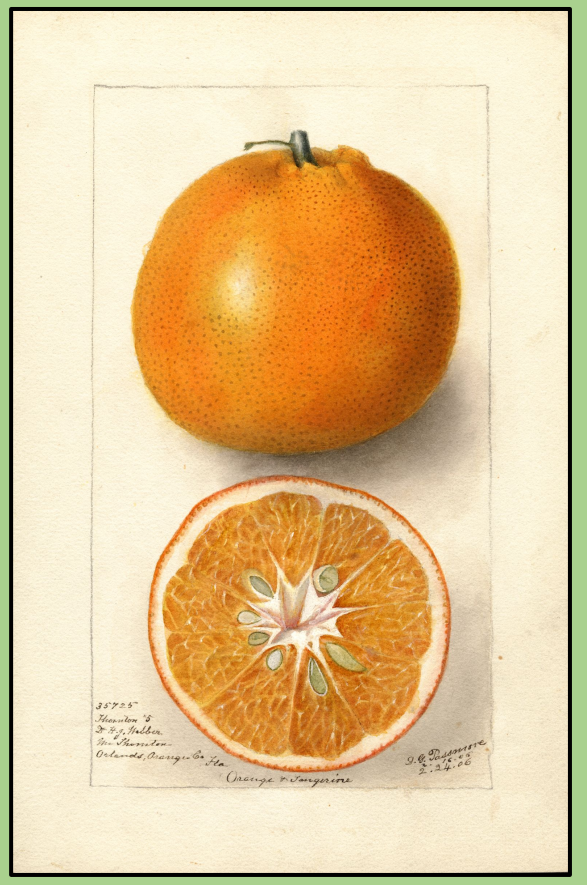
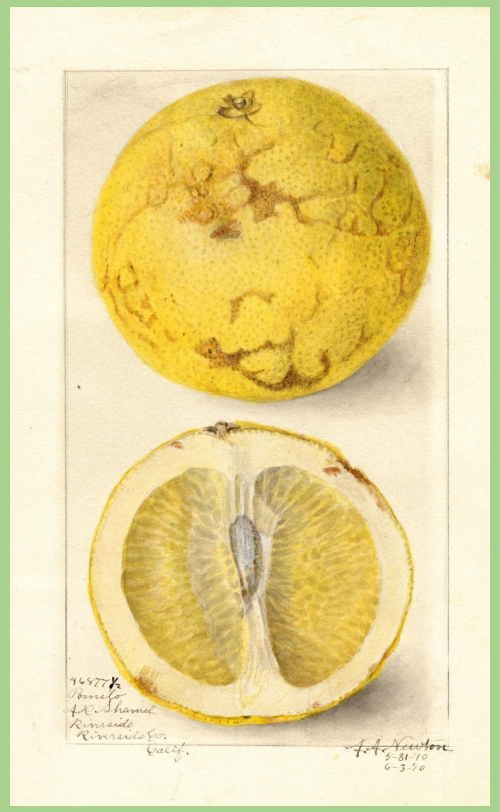




In a bit we are going to smell different types of citrus and see if we can tell them apart.



Citrus fruits are all very healthy because they are high in vitamins, especially vitamin C.

Vitamin C helps cuts and wounds heal faster, it helps us grow and keeps our teeth, gums and bones strong.

The French word for citrus fruits is 'agrumes' (pronounced 'a-grooms') which means sour fruits. Lemon and lime both taste very sour. But they smell different.

Do you think we could tell which citrus fruit is which just using our sense of smell?

Our sense of smell is hugely important. Most of the flavour of food is in the smell.

# Now we are going to play a scratch and sniff game. Can children close their eyes tight?

Adults you'll need to keep your eyes open for this bit, the next three slides explain how to play the game.

If you have a blindfold/eye mask your child can put it on now.

**Adult:** explain that you are now going to scratch the skin of one of the citrus fruits while your child keeps their eyes closed and tries to guess the fruit.

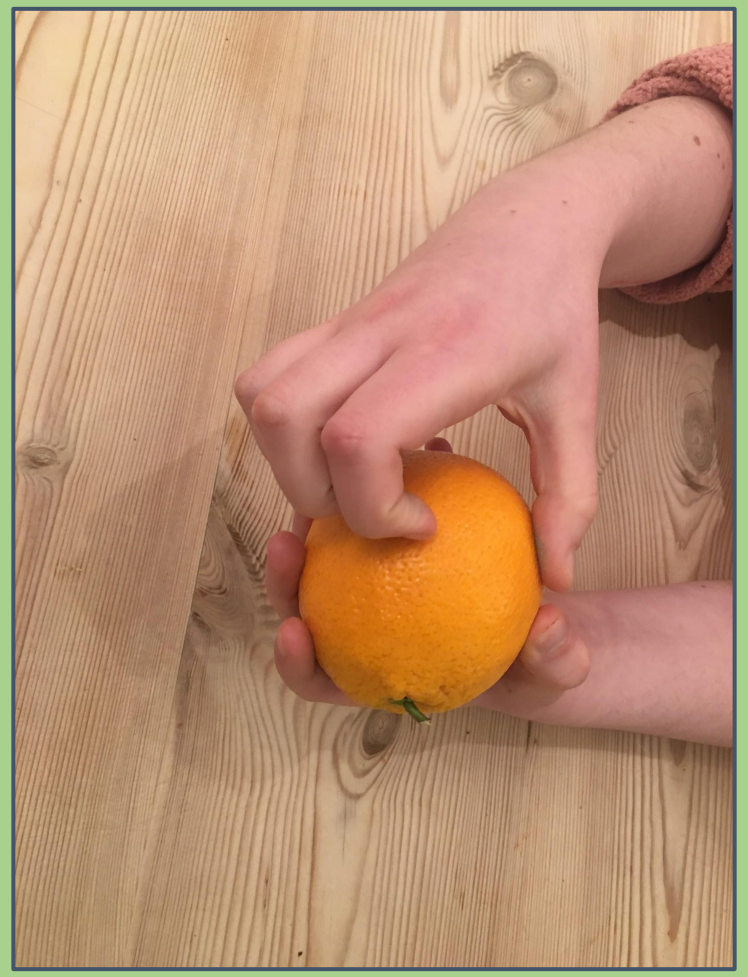
With their eyes still closed, ask your child to describe what they can smell? What does the citrus remind them of?

The game here isn't just to name the fruit but to build up associations… see next slide before your child opens their eyes.

E.g. 'I think it is orange because it smells like orange juice' or 'It reminds me of grandma's lemon cake'.

**Ask the person with their eyes closed:** Which fruit do you think was being scratched? Can you say why? Open your eyes… did you guess correctly?

# Which fruit will it be?



Now play the scratch and sniff game again with as many citrus fruits as you have.

Adults and children can take it in turns to close their eyes and describe the smell while the other person scratches the skin of one of the fruits.

We've tried smelling the fruits so now let's try tasting them.

Adults can now cut up the citrus fruits into small bite size pieces… don't eat them yet!

Now let's all pinch our noses and taste a piece of fruit, whilst still holding our nose.

How do the citrus fruits taste if you pinch your nose?

Now try un-pinching your nose.

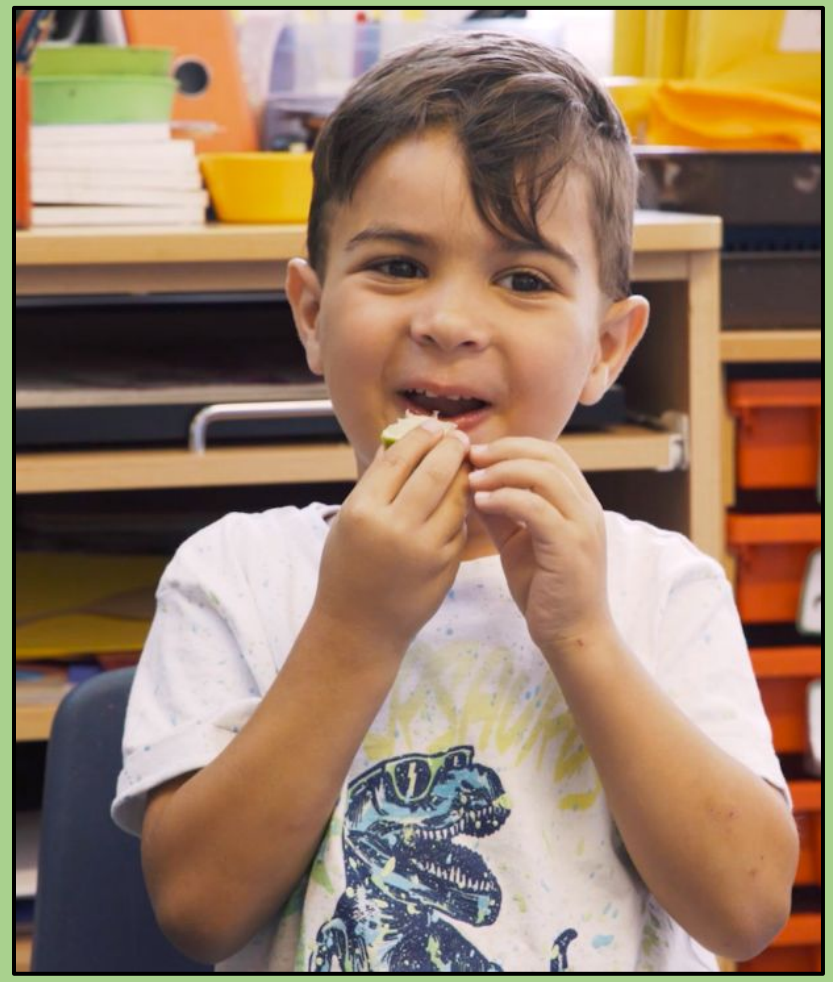
Did it taste the same?

How does the citrus taste? Is it sweet or sour?  Or sweet and sour? If you like, you can try a tiny bit of the peel. This will taste very bitter.

# Which citrus fruit did you like best and why?

Can you write down how the different citrus fruits smelled and how they tasted?

# Did you try a new food today?



TastEd

Thanks for taking part in a TastEd Lesson today.

# Please fill in our survey once you've done a TastEd lesson:

https://www.tasteeducation.com/after-tasted-lessons-feedback-survey/

This information will help us measure impact and therefore help us in securing future funding and continuing our work. Our main objective is to understand how many children tried a new vegetable or fruit.

**Optional further activities:**

D & T: Make a salad and use citrus fruits and herbs to flavour it.

Art: Do an observational painting of citrus fruits in the style of pointillism.

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# Full Parent / Carer Notes for Lesson 2

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

**What is the learning objective?** Children experience new citrus fruits with their sense of smell 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?** A range of citrus fruits (one or two will be fine if that's what you have or can find). This could include: lemon, lime, orange and grapefruit. Keep these out of sight at the beginning of the lesson, as your child will be asked to describe and identify them by smell alone. A knife and chopping board are needed to cut the fruit into bite size chunks for tasting at the end.To avoid waste any uneaten fruit left at the end of the session can be squeezed into a glass or water to make it taste good or added to a salad as dressing.

**Which sense are we focusing on today?** Smell, try and encourage your child to tell the difference between the fruits only using their sense of smell.

**Interesting fact:** Tangerines, clementines and satsumas are all in the mandarin orange family. Mandarin oranges originally come from Asia (from either China, Japan or Vietnam).

**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:

- D & T: Cooking and nutrition: understand where food comes from. Understand and use 'the basic principles of a healthy and varied diet'…. 'instilling a love of cooking'.
- Writing: Composing a sentence orally before writing it. Writing narratives about personal experiences.
- Spoken Language: Give well structured descriptions and explanations.

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

Adjectives: Zesty, fresh, bright, tangy, sour, sweet, bitter, citrussy, sharp, strong, weak, soapy
Similes and associations: like perfume, like orange juice, like a summer's day, like bubble bath, like lemon cake, like sherbet lemons