



HELLO PARENTS,

The five senses (touch, taste, smell, hearing and sight) help us to experience the environment around us. The senses of taste and smell play a key role in identifying our likes and dislikes of foods, drinks and many other things. Experimenting with familiar and unfamiliar scents and flavours allows children to discover their preferences and compare similarities and differences. Children develop taste based on what they eat in the early years, helping them to expand their palette and encourage them to try new foods and food combinations. In this newsletter, we provide you with fun activities to test different tastes and smells.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

FRUIT TRAY

MATERIALS:

- Different fruits: orange, lemon, avocado, etc.
- A plate or a tray

DIRECTIONS:

- On a plate or tray put different fruit slices.
- Let your child explore by touching, smelling and tasting.
- Watch your child's facial expression, as they taste the fruits.
- Talk about the taste and smell, for example: this is sour, this one is sweet, etc.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

LEMON AND SUGAR

MATERIALS:

- Plates
- Slice of lemon
- Sugar

DIRECTIONS:

- Put a slice of lemon on a plate.
- Let your child try the lemon.
- Watch your child's facial expression, as they taste the lemon.
- Talk about the taste.
- Sprinkle some sugar on the lemon.
- Let your child try the lemon again with the sugar.

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

SCRATCH AND SNIFF ART

MATERIALS:

- Cinnamon or any other spices
- Paper
- Paint
- Glue

DIRECTIONS:

- Ask your child to paint a piece of paper. Let it dry.
- Add a drop of glue on the top of the coloured paper.
- Have your child sprinkle cinnamon on the glue.
- When it dries, let your child gently scratch and sniff.
- Ask your child: How does it smell? What do you smell?

[Click here](#) for more activities.

JK/SK (4 – 6 YEARS)

BLINDFOLD TASTING

MATERIALS:

- Different food, for example: cheese, yogurt, apple, cookie, banana, etc.
- Plates to put food on
- A scarf to cover eyes

DIRECTIONS:

- Place different foods on plates.
- Cover your child's eyes with a scarf.
- Ask them to smell their food first, and then take a bite of the foods provided.
- Let them guess the name of the food.
- Ask questions: How does it smell? How does it taste?
- Ask them which one they prefer, and which one they do not.

[Click here](#) for additional activities.

SCHOOL-AGERS (6 – 12 YEARS)

DAILY FOOD CHART

MATERIALS:

- Paper
- Pen or marker

DIRECTIONS:

- Make a chart on a paper divided by: sweet, sour, salty, spicy etc.
- Throughout the day (breakfast, lunch, snack time, dinner) discuss the taste of the food that you eat.
- Identify the taste of the food.
- Fill the chart according to the taste: ex. cheese under salty, yogurt under sweet, etc.
- To make it more challenging have a conversation about: foods that have similar taste; which tastes do you prefer; which tastes do you dislike, etc.
- At the end of the day, group all the food that you ate according to Canada's Food Guide.

[Click here](#) for more activities.

[Click here](#) to see Canada's Food Guide recommendation.

WE WOULD LIKE TO HEAR FROM YOU!

PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR SUGGESTIONS TO CHILDCAREMAIN@NCCE1.ORG

A TIP FOR TODAY

- Engage your child when cooking.
- Ask your child to smell the spices.
- Encourage your child to taste new foods.
- Let your child guess the taste when eating, for example: sweet, sour, bitter, etc.

