

Day 1: MyPlate

MyPLATE OBSERVATION STATION

TYPE OF ACTIVITY: Science

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will observe foods using their five senses.
- › Children will describe the characteristics of foods.
- › Children will identify the food group for each food they observe.

MATERIALS:

- › Various real foods from the five food groups
e.g., lemon, banana, orange, apple, cucumber, onion, carrot, peanuts in shells, dried beans or beans in shells, milk in a carton, string cheese, bread, crackers
- › Magnifying glasses for close-up observations (optional)
- › Knife to cut up foods for tasting (keep out of children's reach)

PROCEDURE:

1. Before the children see the foods, explain that they will be learning about making observations. Ask the children if they know what the word "observation" means. Talk to them about their five senses, and how they can be used. Suggested phrases:
 - a. *We are going to make observations today for our science activity. Does anyone know what an observation is? An observation is when we use our senses to examine objects and learn more about them.*
 - b. *Does anyone know what their 5 senses are? They are seeing, hearing, smelling, tasting, and touching.*
 - c. *Let's use our senses to observe this lemon. What does a lemon look like? It is yellow and shaped kind of like an egg. What does it smell like? Does it remind you of anything? Yes, some soaps have a lemony smell. How about touch? What does the outside of a lemon feel like? Hard, kind of bumpy and heavy. And taste? A lemon is very sour and tart. You can't really listen to a lemon, but it does make a sound when you squeeze it or when you drop it.*
2. Explain that they will observe foods with their five senses. Explain how the activity will work.
3. Guide the children through the observations using all five senses. Suggested phrases:
 - a. *What does your food look like? What color is it? How would you describe its shape? (Ask additional questions using the other four senses).*
 - b. *What is this food? Which food group does it belong to?*



4. After observing, give the children the opportunity to taste samples of the foods. Do not force children to try foods. Have children watch as you cut different foods. Talk about how they look different on the inside than they did from the outside.
5. Discuss the most interesting observations children made during this activity.

ADAPTATIONS/EXTENSIONS:

Art: Have the children draw pictures of the foods they observed.

Math: Encourage children to match pictures of foods with real food or food models.

