

Grade: PreK/K	Lesson: Intro to Taste Testing	Sept 5, 2017
Standards		
1	Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
2	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
Performance Indicators		
1.2.1	Identify that healthy behaviors impact personal health.	
7.2.1	Demonstrate healthy practices and behaviors to maintain or improve personal health.	
Objectives: At the end of this lesson students will be able to . . .		
<ul style="list-style-type: none"><li>• Use 3-5 words to describe foods.</li><li>• Explain that salty, sweet, sour, bitter, and spicy are flavors.</li><li>• Practice proper handwashing techniques.</li><li>• Try some of the five flavors introduced.</li></ul>		
Activity: Warm Up		
Growing Plants	Stand in circle, plant seeds, stand and water, sun comes up, grow, harvest, eat	
Activity: Flavor Prep.		
Food Words	Put play foods on floor. On chart or construction paper, list words that describe foods. Who decides what a food is like?	
Hand Wash	Review proper handwashing techniques. First students instruct puppet on how to wash, then the entire class mimes hand washing. Students then line up to wash and the aide and I supervise.	
Activity: Five Flavors Tasting		
Muffin Tins	Students move to tables. I show muffin tin and intro words. Which is which? Which ones do we think we like? Who decides which ones we like?	
Tasting	Interested students try one flavor at a time. I note who likes which flavors. Repeat for all five.	
Charting/Wrap Up	Time permitting, chart responses. Ask, what did we learn today about flavors? What new food words do we know?	

**Materials:**

Construction paper on clipboard, Markers, plastic foods, muffin tin with flavor words, plates, food samples, paper and pen for my notes

Foods: small bag pretzels, 2 lemons, raisins, cocoa powder, spicy crackers