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Health Science
Kindergarten
The Senses of Taste and Smell

Objective: This lesson will help distinguish between the senses of smell and taste and let them know how they are related. It will also let them explore the four different types of taste.

Materials/Time Required:
- Bag of pretzels
- Five lemons
- A bar of unsweetened cooking chocolate
- A bag of gummy bears
- Another bag of candy, doesn’t matter what kind
- Blindfold
- Paper plates
- Napkins

Background Information:
Before this activity is done an overview lesson of the five senses must be taught. This includes a lesson on what the five senses are and what we do with our senses. Then a break out of each sense can be done. This is one of these breakout lessons. Before using all the food to talk about the sense of taste and small, teach an overview of what the sense of taste and smell are and what body parts we use for these senses. After these brief overviews the activity is ready to be presented.

Preparation:
Before beginning the lesson have the lemons cut into wedges and have the unsweetened chocolate bar already broken into pieces. Place the paper plate out to be ready for the kids and then have all other materials standing by ready to be passed out. Be sure to keep napkins close by especially during the chocolate because they will most likely spit the chocolate out.

Safety Issues:
Make sure that time is taken with the activity and that the children are calm and not running around to prevent choking.

Activity Outline/Teacher Procedures:
Begin the lesson with a book about the senses of taste and smell. This will give the children an overview and an idea of what they are about to do. Then start the activity by talking about the senses and what they are used for and so forth. Then begin by placing the first food item on their paper plates. For example purposes I will start with lemon. Tell them to smell the lemon and use their sense of smell. Then tell them to taste the lemon and ask them is the lemon sour, sweet, bitter, or salty. Let them know these are the four types of taste and then proceed to repeat this procedure for the rest of the food.
Finally after one has gone through all the tastes and smells explain how taste and smell are related. Describe to the children how it is hard to taste when you have a cold or plug your nose. After the explanation demonstrate this. Blind fold all the children and then tell them to plug their nose. Then place a piece of any type of candy on their tongues and tell them to tell you what it is. They should not be able to and then tell them to release their noses. After this ask them what the candy is. (Note: this works better if the candy is similar to the gummy bears so they cannot tell by texture what the candy is). Hopefully they will tell you what it is. When finished with the activity review what the sense of taste and smell are. Review what types of taste there are and then remind the kids how taste and smell are related. Then you finished.

Possible Questions:
What are the four types of taste?
What parts of the body do we use to taste and smell?
Are taste and smell related?

Assessment/Evaluation:
I evaluated the comprehension by after each activity reviewing what taste we had just gone over and at the end by doing an overview of everything we had just done. I asked the questions stated above and I also used a lot of repetition of these questions so that I knew that it really stuck with them.