Use Your 5 Senses!

Encourage kids to use all 5 of their senses as they eat their healthy snacks! For example, if the class is all having fruit parfaits as a healthy treat they could:

- Use smell to describe the sweet scent of each fruit,
- Use touch to feel a piece of soft, squishy fruit or creamy yogurt,
- Use sight to describe the red of strawberries or yellow of bananas,
- Use taste to describe the tanginess of the yogurt or sweetness of the fruit, and finally...
- Use hearing to describe the crunchiness of the granola as they eat their parfait!

Use this activity during meal and snack times every day! See how many descriptive words the children can use. Keep a thesaurus on hand to help them learn new words to describe what they are experiencing!

Sweet, juicy fruit is part of a healthy diet. Eat five or more servings of fruit and vegetables each day to keep your body healthy!

Activity submitted by Becki Yahn of 4 Seasons Preschool and Child Care in Gorham, ME.

www.letsgo.org