

SUPPLEMENTARY LESSON: EXTENSION OF NUTRITIOUS WORDS

Building a Food Vocabulary

Taste is a complex sense that influences what we like to eat and our food choices. After completing the lesson “Nutritious Words” (page 47), this activity will help students develop a wider vocabulary and increased writing ability around food tastes. Students will also become mindful eaters, aware of the complexity of different fruits and vegetables and why they might like some more than others.

SUBJECTS



NUTRITION

Aa

LANGUAGE
ARTS

GRADE LEVEL

4-5

TIME

45 min

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Objectives

- Students will learn new adjectives and ways to describe food
- Students will write a thorough description of a food and convey important details to their audience

Materials & Preparation

- Flavor Pyramid handout (provided)
- Prepare a Flavor Observation worksheet or have students record in their journals
- Familiarize yourself with the Flavor Pyramid
- Taste-sized portions of the following vegetables, cut up for each student. (If these are not available, you can easily find other members of that “flavor family” by searching online. It is a good idea to survey students for food allergies if you are not familiar with them before this activity.)

Flight 1: Sweet

Sugar Snap Peas

Carrots

Sweet Potatoes

Flight 2: Earthy

Broccoli

Beets

Collard Greens

Flight 3: Spicy

Arugula

Basil

Radishes

- Small plate or paper towel, one for each student

Common Core Standards

- W.4.2 and W.5.2. Write informative/explanatory texts to examine a topic and convey ideas and information clearly.

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The Flavor Pyramid

Basic Tastes

What basic tastes can you identify?

Examples: Sweet, sour, bitter

Sensations

What does your mouth feel like during and after you eat it?

Examples: Burning, cooling, numbing

Textures

What does the food feel like in your mouth?

Examples: Crunchy, smooth, crispy

Aromas

What do you smell?

Examples: Sweet, spicy, acidic

Appearance

How does the food look?

Examples: Dark green, bite-sized, round

Emotions

What memories or traditions do you associate with this food?

Examples: Good family meals, a painful stomach ache, delicious garden produce

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Lesson Introduction

1. Give each student a Flavor Pyramid handout. Explain there are many things that influence how we taste and perceive food: emotion, appearance, smell/aroma, texture, sensation and basic tastes. Explain the importance of the different influences' placement on the pyramid. For example, emotions are at the base of the pyramid, meaning that how we feel about a food, or past experiences with that food, will influence the way we taste something the most. Also, there are many factors that influence the basic tastes we experience. The growing conditions, distance traveled, seasonality and ripeness all affect the tastes of fruits and vegetables.
2. Ask students to write down different words or descriptive phrases that describe each of these influences. For example, words that describe sensation are burning, cooling, tingling.
3. Introduce the Flights of Flavor activity. Explain to the students that they will be tasting flights of vegetables with similar characteristics in sequential order and record their observations. Encourage students to try each sample. If they do not want to, explain they can take a "no thank you bite" and try the sample once and then leave it on the plate if they don't like it.

Body of Lesson

4. Hand out the first flight of samples to students. Do not tell them which sample is which vegetable.
5. Walk students through the sampling procedure. Before trying each sample, make sure they go through the first three steps of the flavor pyramid and write down their observations.
6. After each flight, have students discuss what vegetable they thought they had tried, their favorites and the similarities and differences among the samples. After they finish discussing, tell students what they tried if no one has guessed it.
7. Repeat steps 1-3 for the next two flights.

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Conclusion

8. Have students compare and contrast the different flights they tried and their observations.
9. As an in-class activity or at-home writing assignment, have students pick their favorite of the three flights or their favorite vegetable they tried and write a descriptive paragraph about their observations. Instruct them to pretend they are describing the vegetables to someone who has not ever tried them. What words might they use to convince this person to give it a try?

· Lesson adapted from Field to Plate Curriculum:
fieldtoplate.com/edible-education.php