



5 SENSES BLIND FOOD TEST

EXPLORATORY QUESTION: What are our five senses?
How do we use all five of them in the kitchen?

PROJECT GOAL: We will discuss and observe all of the senses that come together when we are cooking and enjoying food. When we take away our sight, how can we use our other senses to distinguish food?

- SUPPLIES NEEDED:**
- ✓ 6 little bowls or jars
 - ✓ 6 different ingredients, including cheese and tortilla from the Ranch Baked Quesadilla
 - ✓ Blindfold

INSTRUCTIONS:

- 1 Pick six foods you're going to use for the experiment and have them ready somewhere out of sight.
- 2 Take a look at some of the ingredients going into the Ranch Baked Quesadilla. **What are our five senses?**



WHAT ARE WE USING TO SEE THE TORTILLA?

Our eyes
(Our sight)



WHAT ARE WE USING TO SMELL THE CHEESE?

Our nose
(Our smell)



WHAT ARE WE USING TO HEAR THE CRUNCHY SOUND OF A BAKED QUESADILLA OR A CHIP?

Our ears
(Our hearing)



WHAT ARE WE USING TO FEEL THE TORTILLA?

Our fingers
(Our touch)



WHAT ARE WE USING TO TASTE OUR FOOD?

Our tongue/mouths
(Our taste)

- 3 We are going to explore six different foods but for fun we are going to take away one of our senses and our sight.

Blindfold your child. There's no right way to explore it but perhaps:

First **touch it**, what do you feel? Is it slimy, round, flat? Then **sniff it**, what do you smell? And then **taste it!** Make a guess? Then **take their blindfold off and see what it was!** If it was just one thing for example an apple slice, show them another one and talk about what they discovered about the food. Then do the same thing with six other foods, include the tortilla and cheese as part of your six.

- 4 **Now it is your little ones turn to have you wear the blindfold.** Have someone in the house help them get their six ingredients ready and off you go.