

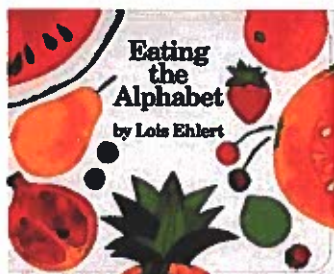
# Five senses Mystery food

## Let's play and talk together

- ❖ Put a mystery food in a container without showing it to your child. Use a bag, an ice cream pail or a shoebox with a hole cut in the lid.
- ❖ Invite your child to feel the mystery food without peeking.
- ❖ Encourage your child to use words to describe what the food feels like.
- ❖ Invite your child to guess what it is.
- ❖ Show the food and let your child feel it again. Talk about its shape, colour, how it grows and how to prepare it.
- ❖ Cut up the food and prepare it for eating.
- ❖ Invite your child to taste the food with you. Talk about how it smells and how it feels in your mouths.



## A good read-together book



Eating the Alphabet by Lois Ehlert

You will need some mystery foods such as kiwi, rutabaga, snow peas, avocado, jicama, pear, string beans, etc.

This activity is good for developing curiosity, learning new words and exploring unfamiliar tastes and textures in a fun way.

## Hints for success

- ❖ Use familiar foods the first few times you play this game. Gradually introduce new foods to the game.
- ❖ Have an extra sample of the mystery food in case it gets damaged or bruised during the activity.
- ❖ Allow your child to choose which foods he will try from the foods you offer. Avoid making comments if your child does not want to try a food. Never force a child to eat.

Would you say this mystery food is hard or soft?

Look! This kiwi is brown on the outside. What colour do you think it will be inside?

Ways to say it

# More ideas for Mystery food

## Try this way

- ❖ For a younger child, put three foods outside a mystery container, e.g. an apple, a pear and a peach. Hide another sample of one of the foods inside the mystery container. Invite your child to feel inside the mystery container and guess which of the three foods is inside.
- ❖ With an older child, play a guessing game by thinking of mystery foods. Describe a food by its shape, colour, texture, taste, etc. and invite your child to guess what it is. Invite your child to take a turn thinking of mystery foods for you to guess.
- ❖ Play "Guess what's for dinner" using the cooking smells from the kitchen.



## Book link

Crunch Munch by Jonathan London

## Over the lips

Over the lips,  
Through the gums,  
Watch out stomach,  
Here it comes!

Author unknown