



# *VeggieSense*

## *A 'guess the vegetable' activity*

VeggieSense encourages young children to get stuck in with real vegetables, using their eyes, hands, and nose! The activities get children to explore vegetables through their sense of sight, touch and smell, through a fun game that can be played with one child or a group of children. By getting children to explore vegetables with all their senses, they can become more enthusiastic about eating them when they find them on their plate!

### **How long does it take?**

about 5 minutes to prepare the food, and then about 10 minutes to play the game

### **What do I need?**

- Something to use as a blindfold (or just trust your child to keep their eyes closed).
- At least two different vegetables of different shapes and colours (and up to six for keen explorers!) For younger children, wash the vegetables but leave the vegetables them whole. For more advanced explorers, try cutting the vegetables into pieces, or cooking them, when playing games on different days. This will increase your child's familiarity with the different ways each vegetable can appear.

### **How to play:**

1. Ask your child to close their eyes or put a blindfold on.
2. FEELING: Give your child one of the vegetables and ask them to guess what it is by feeling it. No peeking is allowed! ,
3. Try asking them, "What does it feel like?"
4. If your child guesses what it is, don't say if they are right or wrong!
5. SMELLING: Ask your child to smell the vegetable and guess what it is again. Try asking them, "What does it smell like?"
6. LOOKING: Now they can take their blindfold off/open their eyes and look at the vegetable. Ask them if they know what it is, now that they can see it. Try asking them, "What does it look like?" If they don't know what it is, you can tell them!
7. Repeat the above steps with the rest of the vegetables you have ready!

