

My Five Senses

Benefits of Your Five Senses:

1. All bodies are unique and special
2. We have five senses to experience the world: taste, sight, smell, hearing, and touch
3. You control what goes in your mouth







Farmers Market or Green Cart Shopping List

Pick one red fruit and one crunchy vegetable at your local market.

Family Goal

Goal: Enjoy your senses! Try three new fruits or vegetables with your child:

	1st Food	2nd Food	3rd Food
 What does it look like?	_____	_____	_____
 What does it smell like?	_____	_____	_____
 What does it sound like?	_____	_____	_____
 What does it taste like?	_____	_____	_____
 What does it feel like?	_____	_____	_____

Fact of the Week It can take 8–15 tries before children may like eating a new food.

Strategy

Offer one new food with familiar foods.

Surprising Fact

Your sense of taste is not just through your mouth; your nose is also an important tool for tasting.

Health Tip

Try new foods when your child is rested and in a good mood.

At-Home Tools

Body Books

My Five Senses
by Aliki

I Wonder
by Harriet Fishel

Jamberry
by Bruce Degen



New Sense Words to Use

1. Eyes: See
2. Fingers: Touch
3. Mouth: Taste
4. Ears: Hear
5. Nose: Smell

Did you know...

Offering a variety of foods to preschoolers helps children accept new foods and leads to healthier habits later in life.

Five Senses Activities

Taste Plate

Place three different foods on a plate. Help children describe how each food tastes, feels, and looks. Example: hard-boiled egg, pineapple slices, and whole grain crackers.

Touch and Smell Surprise!

Take turns testing your senses. Close your eyes and try to guess by touching what the other player places in front of you.

Eye Spy!

The first player spies an object nearby and gives the second player 3 hints to guess the object. Example: I spy something that is green, round, and small. (Answer: peas)



Delicious Recipes

Breakfast

Spread fat-free or low-fat cream cheese on whole wheat toast and place apple slices (or banana) on top.

Ladybug Pizza

On each half of an whole wheat English muffin, place a slice of low-fat cheese and a slice of tomato. Add raisins for the spots!

Creamy Salsa Dip

Combine salsa with fat-free or low-fat cottage cheese. Cut up carrot or celery sticks. Dip and enjoy!