FIVE SENSES: 1ST GRADE

GRADE LEVEL: 1 | SEASONS: WINTER | DISCIPLINE: SCIENCE, HEALTH, ELA
SPACE: TEACHING KITCHEN | TIME: 2-1 HOUR SESSIONS
DESCRIPTION: Students will learn the importance of eating varied colored fruits and vegetables and what each color does for our health.
RECIPE: Sweet and Salty Popcorn, Arugula and Lemons

Unit Objective:
Students will explore our five senses. Through a variety of exercises students will get a chance to use and further understand their five senses, how they work and what body parts are involved with each sense.

ESY Objectives:
Team Work, Wellness, Sensory Experiences

Louisiana Standards and Strands:
Science: Pose questions that can be answered by using students’ own observations and scientific knowledge (SI-E-A1), Use the five senses to describe observations (SI-E-A3), Describe basic functions of parts of the body (LS-E-A3)
Health: Identify that healthy behaviors affect personal health (1-E-1), Identify the ability to practice healthy behaviors (7-E-1).
ELA: Adjust speaking tone and volume to suit purpose, audience, and setting (ELA-4-E1), Use active listening strategies (ELA-4-E5), Maintain the topic of conversation with a classmate (ELA-4-E7), Identify the role of discussion leader, contributor and active listener (ELA-5-E7).

Teacher Background: Without our senses the world would be a boring place. Understanding how our senses work will allow students to have a greater appreciation of the world around them. Did you know...???

- There are about 3,000 taste buds on the human tongue.
- Whales in the ocean "sing" to each other. The sound of their song can travel a distance of 800km.
- Some people are not able to tell red colors from green colors. These people are color blind.
- If your nose is in peak performance you can tell the difference between 4000-10,000 smells.
- People who are blind can use their sense of touch to read Braille - a kind of writing that uses a series of bumps to represent different letters of the alphabets. Exploring our senses will be an ongoing theme this year.

Classroom Extension Lessons: Scientists know that even though taste and smell are two separate senses, the brain associates them with one another because they often occur together. For a mouthwatering introduction to this experience, read aloud “Cookies” from Frog and Toad Together by Arnold Lobel. Then show students a plate of sugar cookies and a plate of peanut butter cookies of similar texture. Break the cookies into fourths. Ask students to work in pairs closing their eyes and holding their noses while another student feeds them the
sugar cookie while holding the peanut butter cookie under their noses. Students will think they’re eating the peanut butter cookies because that is what they smell!

**Board Preparation (example) Day 1**

Class Objective: Students will explore their five senses.

Question of the Day: What are our five senses?

**Board Preparation (example) Day 2**

Class Objective: Students will explore their five senses.

Menu: Sweet and Salty Popcorn / Limes & Arugula

Question of the Day: What body parts do we use to experience our five senses?
Action (DAY 1):

10:55-11:00 Opening Routine (5min) – The lead chef instructor will meet class and teacher at the door. Students will enter class in a single-file line and walk all the way around the one-way street to their respective stations. Each group will line up at their group’s sink to wash hands. When hands are washed, they will tie on an apron and take a seat at their group’s table. Chefs’ Meeting begins with a ring of the bell when all students are seated in STAR.

11:00-11:05 Greetings/Class Overview (5 min) – Lead Chef Teacher introduces all the adults in the room and students say good morning. Then Lead Chef Teacher introduces the day’s lesson. Today we will about our five senses. Can you name all five of our senses? What body part do we use for each of our senses?

11:05-11:45 Active Engagement (40 min) – Students will engage their sense of smell, sight and sound. Each table should do these in different order to help discourage cheating.

**Sight** - 5 objects will be placed under a towel. Each table teacher will lift the towel. Students will have one minute to look at items. The sheet will be place back and students will be asked to tell what they saw.

**Smell** - Each table will have 2 sets of 4 jars with smelly items in them. 1. Onion 2. Lemon 3. Mint and 4. Cinnamon. The items in the jars will not be visible, only holes will be poked at the top for students to smell items. Each student gets to smell each jar and guess what is in it.

* Repeat Sight Activity, except rearrange items from their original order or replace them with different items.

**Sound** - Within the small groups, play the game Telephone. You whisper a sentence to the first student and they pass it down their side of the table to the Volunteer. The Volunteer will pass a sentence down the opposite side of the table.

11:45-11:50 Check for Understanding (5 min) – Students raise quiet hands to answer questions testing what they learned about their five senses. What are our five senses? What body part did we use to engage each sense today? What were some of the items we smelled? What are the items we saw? What did we hear?

11:50-11:55 Closing Routine (5 min) - Shout Outs. Preview of tomorrow’s class. Line up by group. Every class ends with a handshake from the lead chef.
Action (DAY 2):

10:55-11:00 Opening Routine (5min) – The lead chef instructor will meet class and teacher at the door. Students will enter class in a single-file line and walk all the way around the one-way street to their respective stations. Each group will line up at their group’s sink to wash hands. When hands are washed, they will tie on an apron and take a seat at their group’s table. Chefs’ Meeting begins with a ring of the bell when all students are seated in STAR.

11:00-11:05 Greetings/Class Overview (5 min) – Lead Chef Teacher introduces all the adults in the room and students say good-morning. Then Lead Chef Teacher introduces the day’s lesson. Yesterday we learned about our 5 senses. What three senses did we learn about yesterday? What two senses are left?

11:05-11:25 Active Engagement (20 mins) Students will engage their sense of touch and taste.

Touch - At each table there will 6 paper bags with items in them. Students will close their eyes and reach in the bag. They will be asked to identify item in bag based just on how it feels. Good items for bags are peanuts, rice, apple, banana, popcorn, flour

Taste- Students will be given grape juice to swish in their mouths. They will take turns with their neighbor looking at all the taste buds on their tongue. Did you know that our tongue is divided into 4 parts? Sweet, salty, sour and bitter.

11:25-11:30 Chefs’ Meeting (5 min) – Ring the bell to call the class to order. Today's snack will be experiencing the four parts of our tongues. Sweet, Salty, Sour and Bitter.
Students will help pass out plates, water, napkins and the snack.

11:30-11:45 Active Engagement: Dining (15 min) - The bell rings to signal it’s time to return to the tables. Table Leaders/Volunteers can finish plating food and serving as necessary. Students follow the Lead Teacher: “Raise your napkin up in the air like a big old rectangle please. Ladies and gentlemen, please help me count; one, two, three, and float them down to your laps. Fold your hands right on top and when I do the one, two, three count let’s sing our song; one, two three…” (Sing I Am Glad). “Bon Apetit. You may eat!” Groups may begin eating and talking quietly with those at the table.

11:45-11:50 Active Engagement: Clean Up (5 min) - Plates, napkins and cups are passed forward. Aprons are collected and return to STAR position.
RECIPES

Sweet and Salty Popcorn  
Serves 12

1 cup raw popcorn
4 Tablespoons Olive Oil
3 Tablespoons Sugar
2 Tablespoons Salt

Directions:
1. Add 1 Tablespoon oil and ¼ cup raw popcorn in a heavy stock pot. Pop corn. Repeat.
2. While popcorn is still hot toss with the sugar and salt.

Limes and Arugula

Slice 1 lime into 12 pieces.

Wash and spin 36 pieces of arugula.
Telephone, a game

Table Leader
1. How does your garden grow?

2. Hickory Dickory Dock, the mouse ran up the clock

3. Down came the rain and washed the spider out

Volunteer
1. When the wind blows the cradle will rock

2. Everywhere that Mary went the lamb was sure to go

3. How I wonder what you are