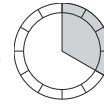




Lesson Plans – **Family** **Session Two**



Session 2 — Food Exploration (20 minutes)



Materials Needed:

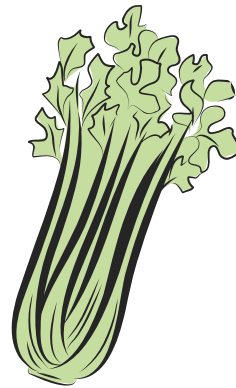
- Knotted rope from Family Session 1 to form a circle
- Three different foods for each exploration station
- Cards with names of the foods on one side for each station
- Senses icon posters

Food Exploration Activity

Set up activity before the families arrive.

Place 3 foods at each table. Have enough so that no more than two families share the foods at each table. Provide questions and use the **senses icon posters** as prompts for guiding exploration and encouraging parents and children to use their senses. Place cards face down on each table with the names of the foods. Here are some suggestions for foods and how to present them.

- Have one food that smells so that parents and children can smell the food. (*Suggested food: garlic, unpeeled for smell.*)
- Include one food for parents to touch that has a unique texture. This could be broccoli or other foods being tasted in the child session that day. (*Other suggestions: whole kiwi, celery, lettuce.*)
- Have one food that makes a sound when it is shaken, such as beans or rice in a container.



- Place food in containers so that families cannot see what the food is, such as a paper bag for smell and touch, or a bag or box without holes to shake and to hear what sound it makes.

Say:

“Ok, everyone, let’s now have children who are going to child care go with _____. Please follow them to the other room.”

Say:

“Parents and preschool children, let’s come make a circle.”

Sing family session gathering song.

Give the exploration station instructions to the parents and their preschoolers.

Say:

“At each table we have placed several foods that we would like you to explore. As you’re exploring these foods remember to use your senses and talk about the characteristics of the foods. See who can guess what the food is, and then turn over the card on the table to check and see what it is.”



Say:

“Some of the ways that we will be exploring new foods while we are here are to:”

- “**Look** at the food.” *(Show eye icon poster.)*
- “We can also **touch** the food to see what it feels like.” *(Show hand icon poster.)*
- “We can **smell** the food.” *(Show nose icon poster.)*
- “We can also **listen** to the sounds that food makes.” *(Show ear icon poster.)*
- “Or, we can **taste** the food.” *(Show mouth icon poster.)*

Say:

“While we’re here, we can explore foods in all of these ways.”

Divide families up among the stations to do the activity.

After the exploration station activity, call everyone back to the circle.

Circle Up

Family Closing Transition to Child and Parent Sessions

Say:

“Let’s have everyone join the circle again. Hold on to a piece of the rope.”

Facilitator invites the families to come together in a circle.

The facilitator who leads this activity checks visually that everyone is attached to the circle.

Say:

“We’re all going to work together in this class. Let’s practice that right now by pulling the line until it is tight and makes a lovely circle. When we keep our circle like this we are all contributing.”

Say:

“Today the children are going to their session. They’re going to try another new food. They’re going to be adventurers and do some other activities about trying new things.”

Say:

“Let’s say goodbye until the end of the class.”

Allow the tension on the line to relax. At this point, ask the parents to put the line on the floor at their feet. They step out, and parents and children gather to go to their separate class sessions. The parent facilitator gathers the line and stows it for the following session.

Developed by The SEEDS Research Team, Baylor College of Medicine Children’s Nutrition Research Center and Washington State University Extension.
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