



standards based curriculum

Materials to inspire your USDA Fresh Fruit & Vegetable Program

EATING WITH OUR SENSES

Cultivating mindfulness — or paying attention in the present moment — will help students connect with their senses and develop an appreciation for all that was involved in bringing this snack to their hands.

All Grades

Time: 15 minutes

Before you begin...

Gather a FFV snacks, including an example of the whole item

Instructions

1. Circle up with students in a rug or meeting area. Explain that today students will be using their five senses to explore today's FFV snack.
2. Ask students to review the five senses.
3. Show students the whole FFV item. Ask them to identify the item. Ask students to think about where this item came from. Invite them to dig deeper, guiding them back to list the plant's need: soil, space, air, sun, and rain.
4. Distribute FFV to students, asking them to hold it in their hands without tasting it yet.
5. From the time the seed was planted to it's being place in their hand, invite students to think about all the people that may have been involved in bringing this snack to their hands.
6. Progress through each of the senses, excluding taste, inviting students to share their observations about what the FFV item looks, sounds, feels, and smells like.
7. Finally, tell students to place the food into their mouth. Before they begin chewing, ask them to notice texture, flavor, and the sensations happening in their mouths. Instruct students to begin chewing slowly, paying careful attention to the experience.
8. Close by inviting students to share what the experience of mindfully eating was like for them.

EATING WITH OUR SENSES CONT...

Extension

- Write students' observations on the whiteboard or chart paper and use them to write poetry (see Produce Poetry) or do a word sort for parts of speech, etc.
- Students can create a map of the journey the FFV item took to reach them.

Standards Alignment

Crosscutting Concepts

- Structure & Function
- System & System Models

Disciplinary Core Idea

- Life Science

Scientific And Engineering Practices

- Asking Questions (for science)
- Analyzing and Interpreting Data
- Constructing Explanations (for science)

K-LS1-1

Use observations to describe patterns of what plants and animals (including humans) need to survive.

4-LS1-2

Use a model to describe that animals receive different types of information through their senses, process the information in their brain, and respond to the information in different ways.

