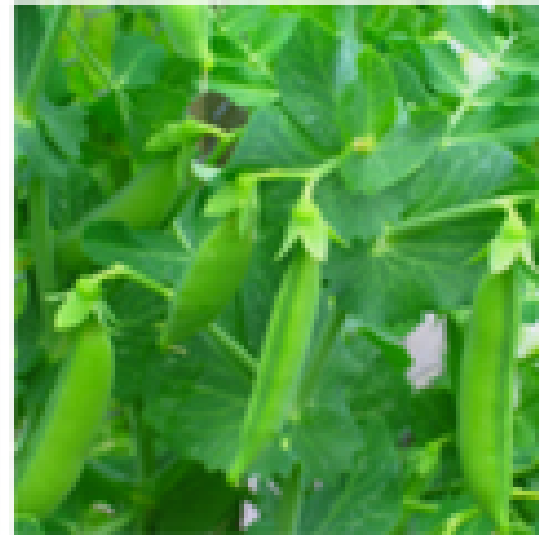
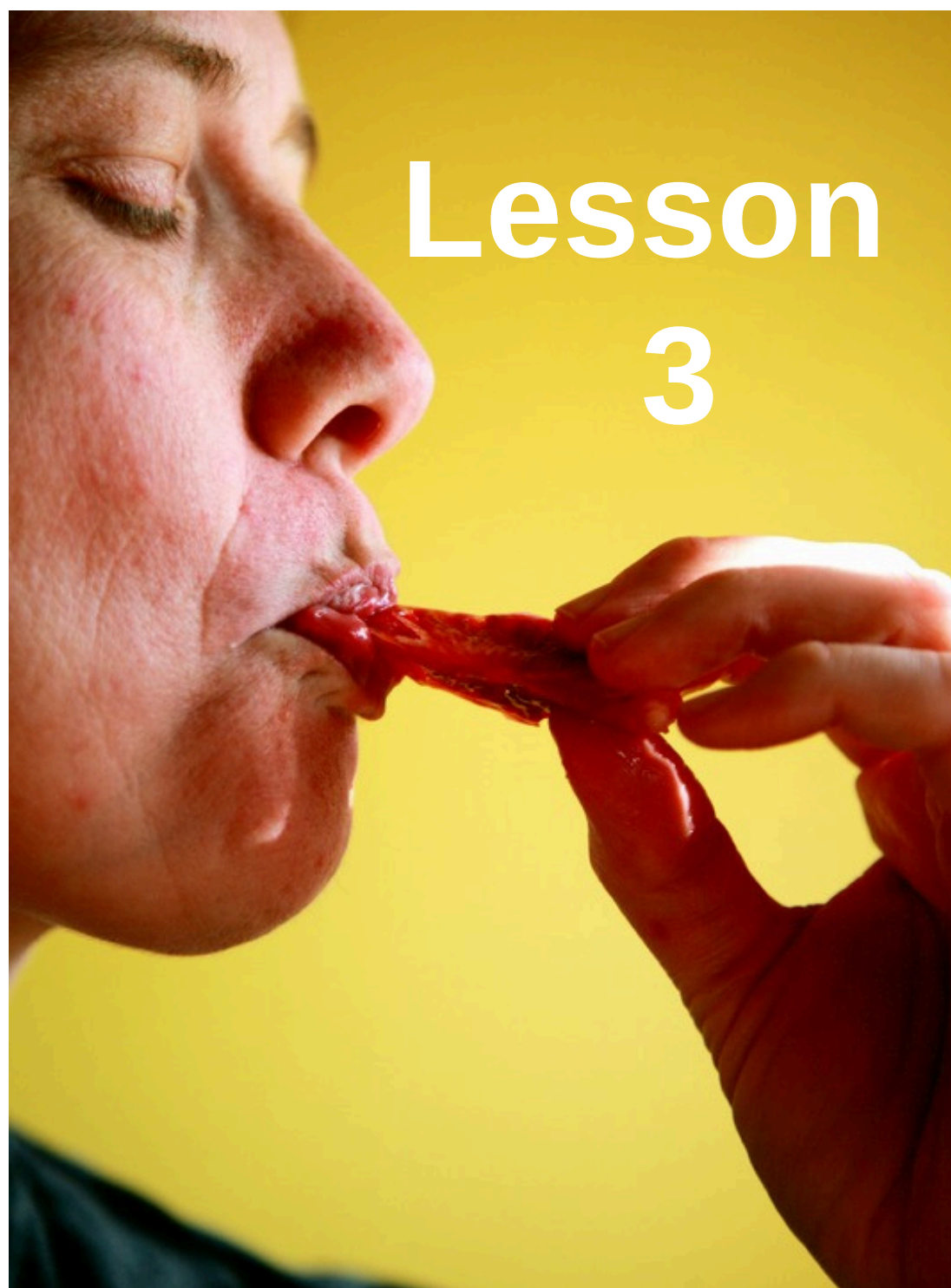




OMEGA

Olfactory, Mindful Eating and Gardening Activities
GROW, EAT, ENJOY AND BE HEALTHY





Lesson 3

Food and Your Senses



Outdoor
And
Sustainability
Education
Specialists

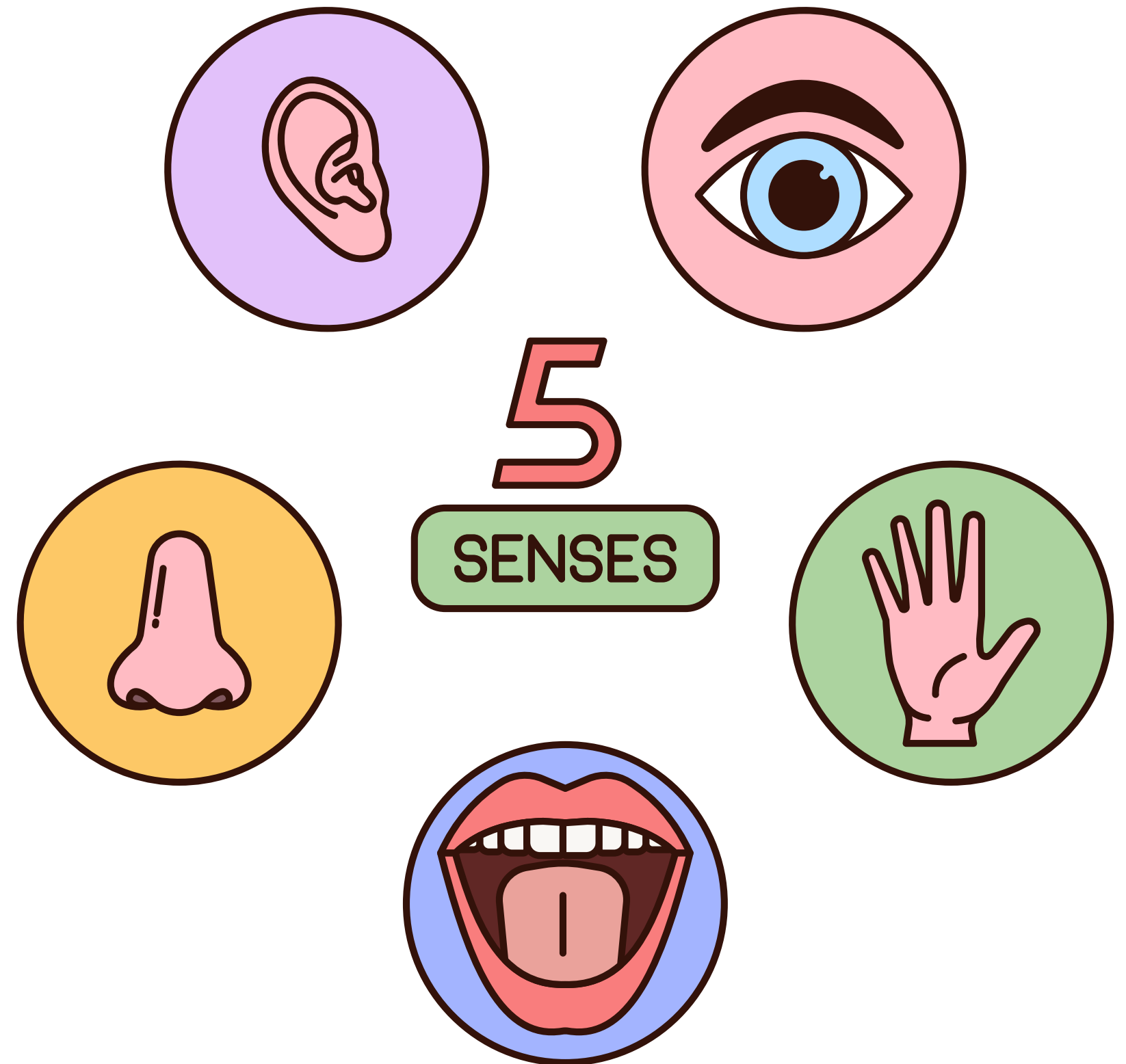

Sunderland
City Council

together for
children
SUNDERLAND

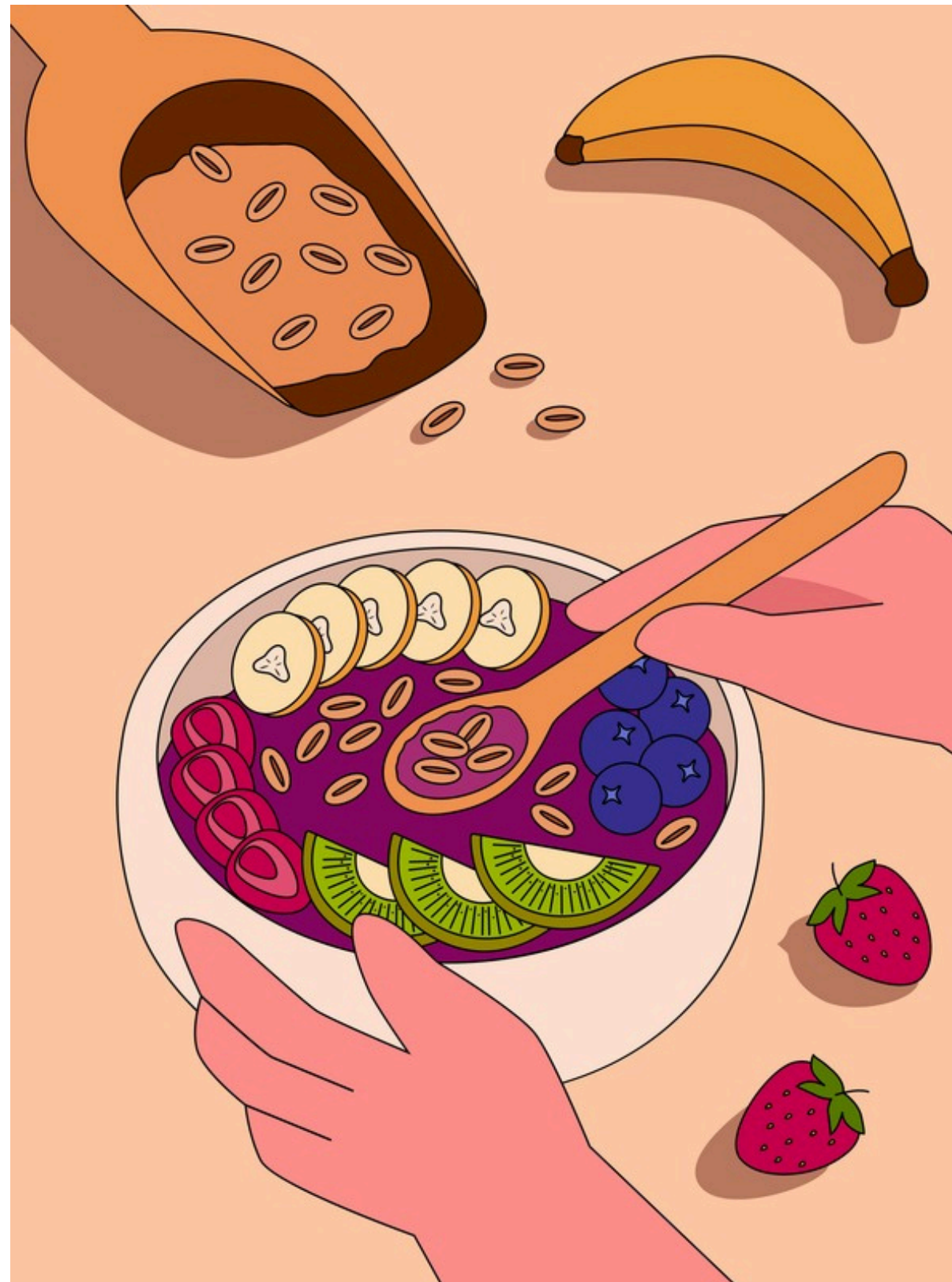
Your Senses and Brain

**Your five senses
are working all the
time to send
information to your
brain.**

**What information
are your senses
collecting right
now?**



Mindful Eating



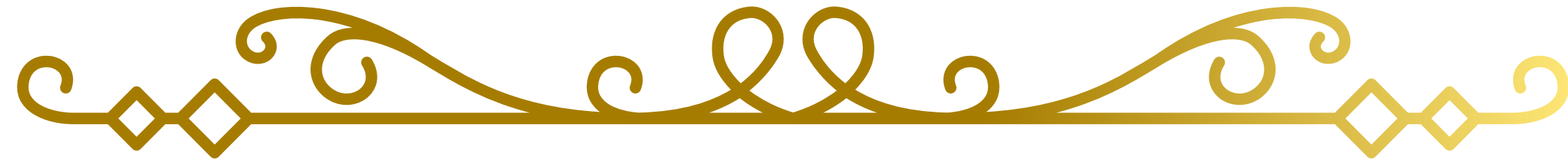
When you eat,
all of your senses
send information to
your brain about
the food you are
eating.
We need to learn to
slow down and pay
more attention to our
senses as we eat.

Mindful Eating



As you eat, try to notice what information each sense is sending to your brain.

Taste Testing *'Golden Rule'*



No one has to like the food
or even taste it!

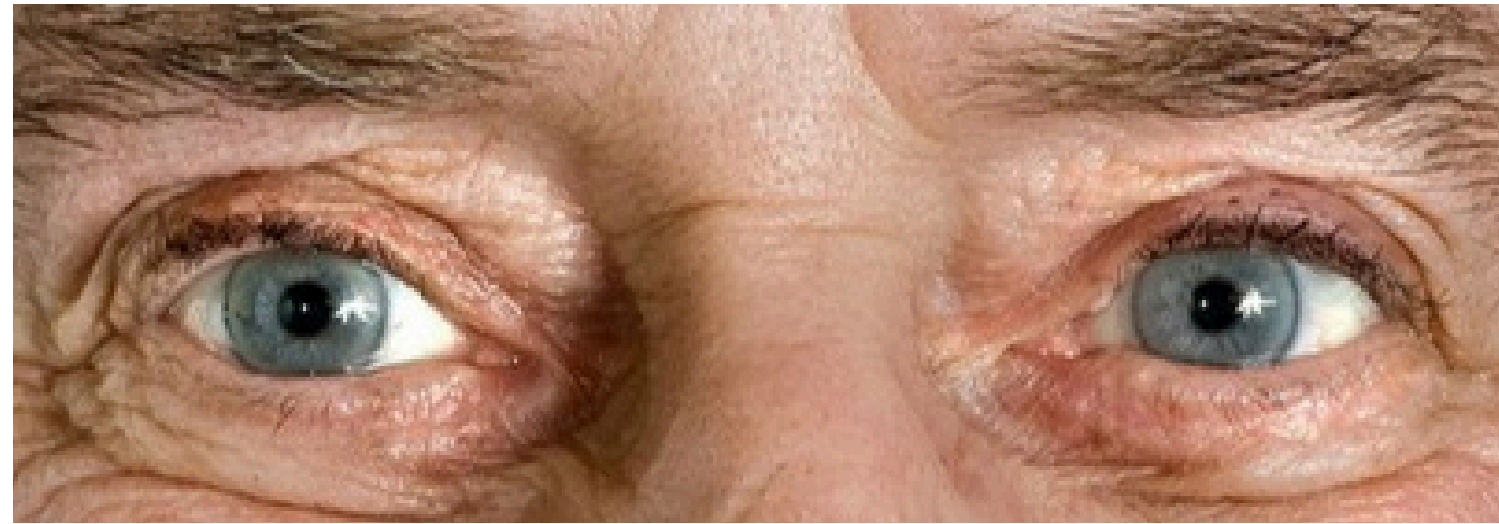




**Fresh, healthy food is a FEAST
for the senses.**

We experience food with all of our senses.

Think of your favourite food...



What does it *look* like?

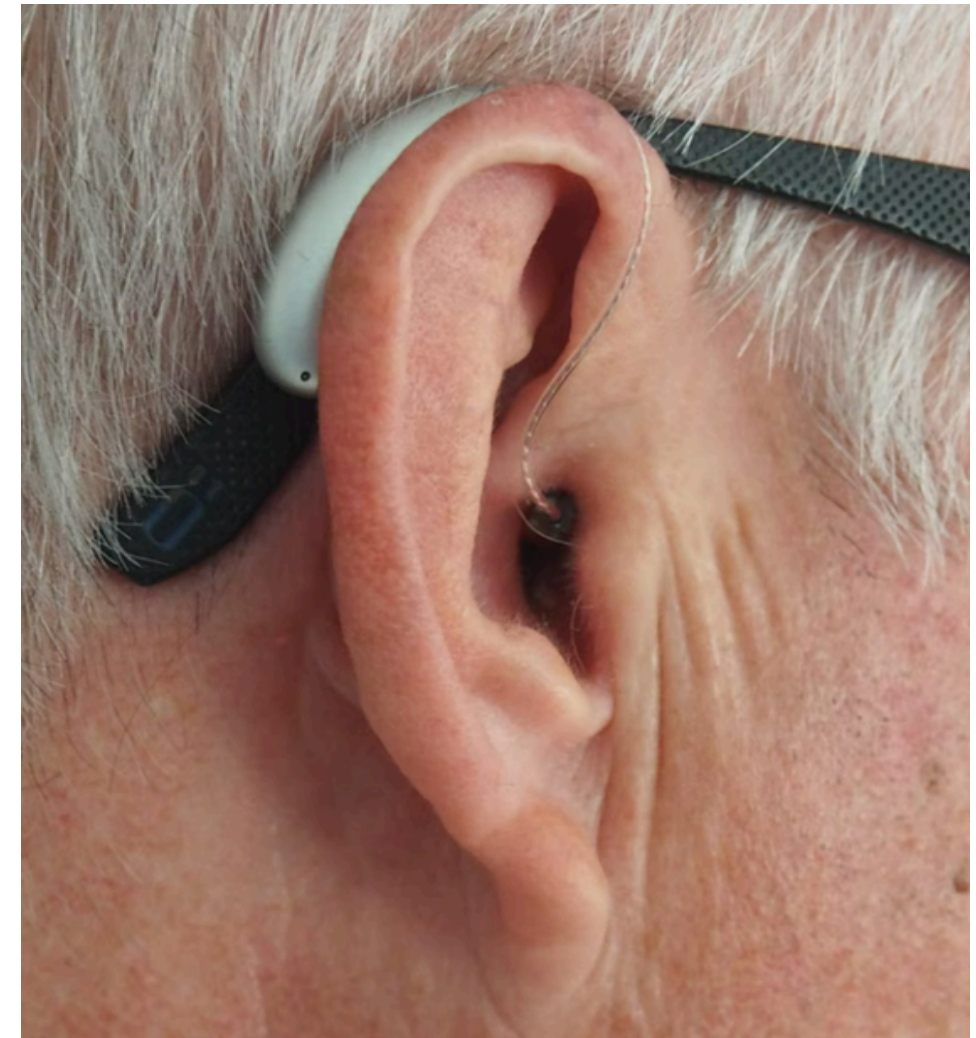
Do your eyes choose good food?



Which side would you like to eat the most?

We experience food with all of our senses.

Think of your favourite food...



What does it sound like?

We experience food with all of our senses.

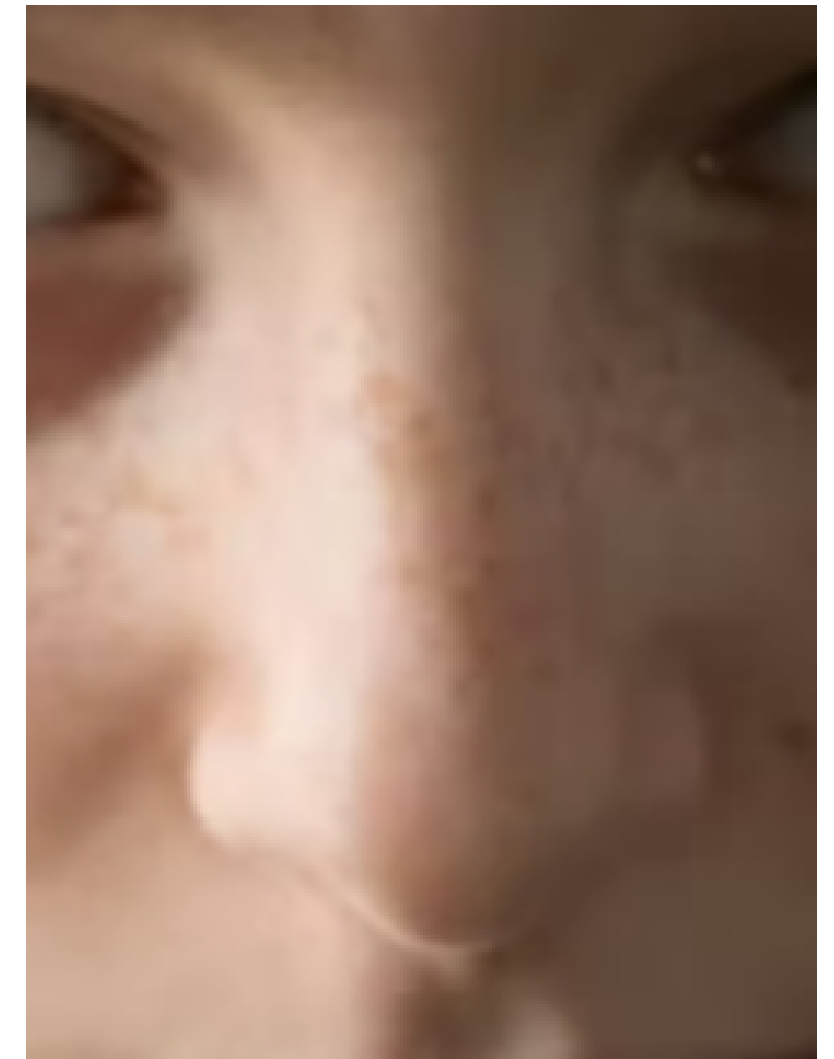
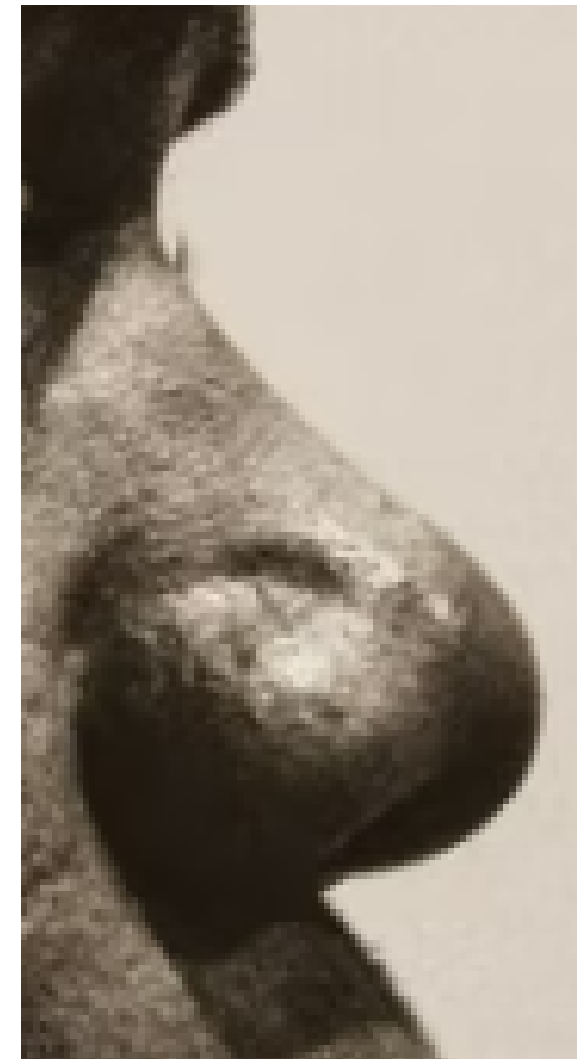
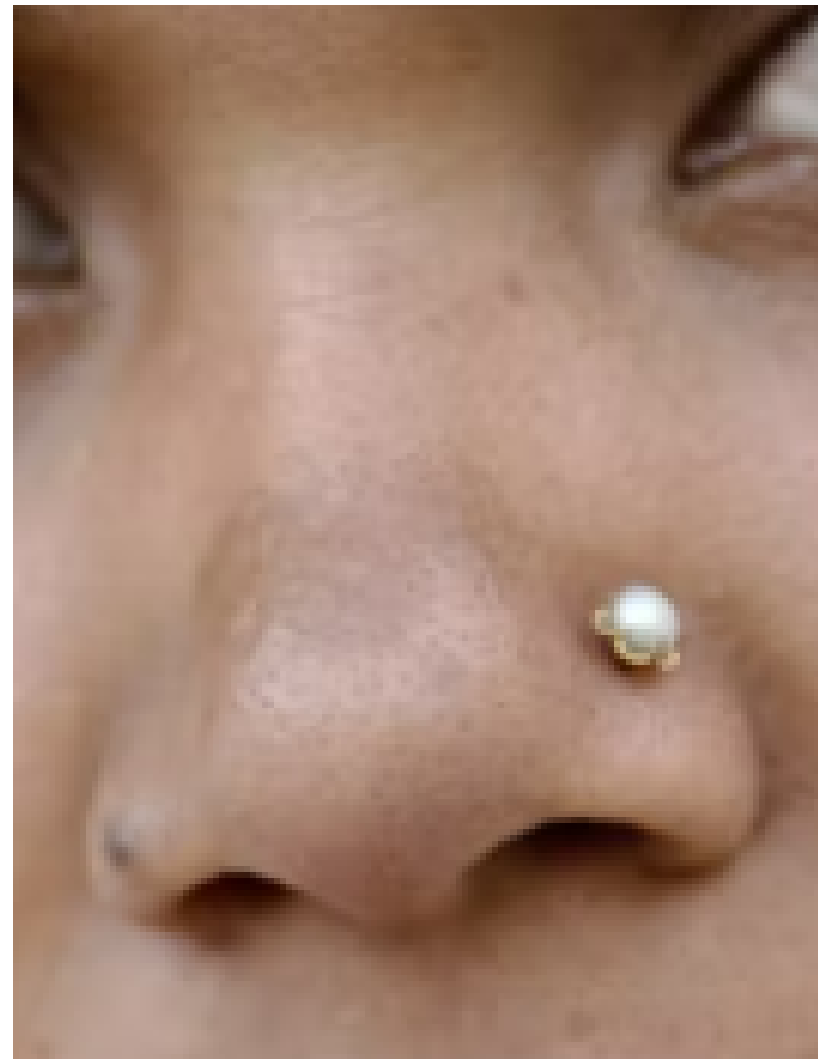
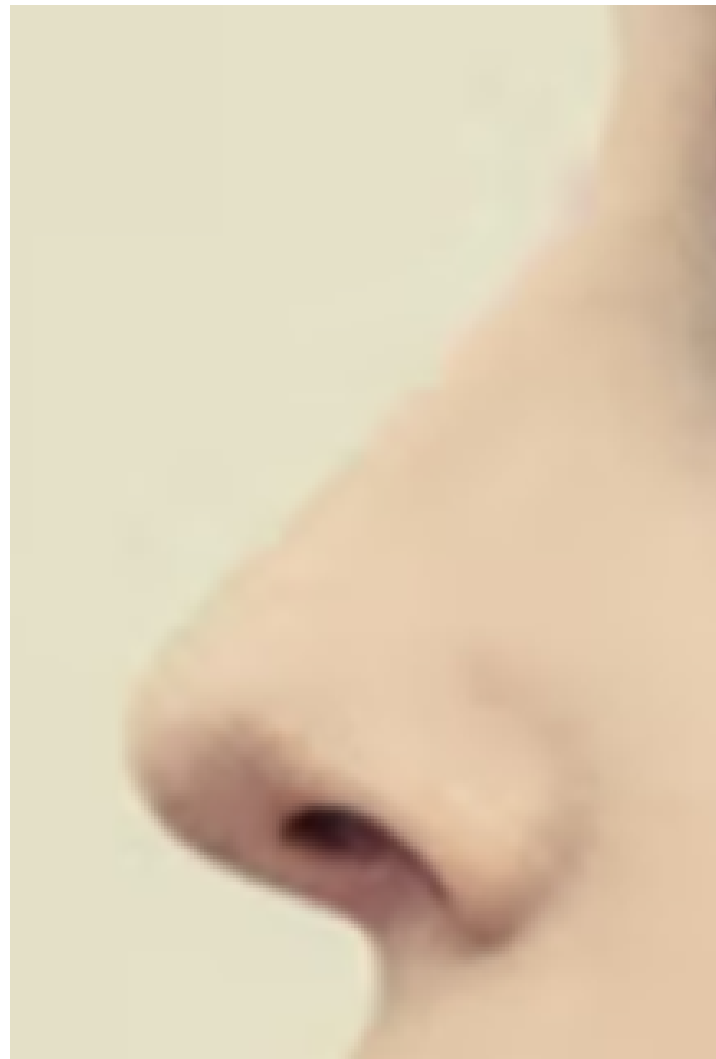
Think of your favourite food...



What does it feel like?

We experience food with all of our senses.

Think of your favourite food...



What does it smell like?

We experience food with all of our senses.

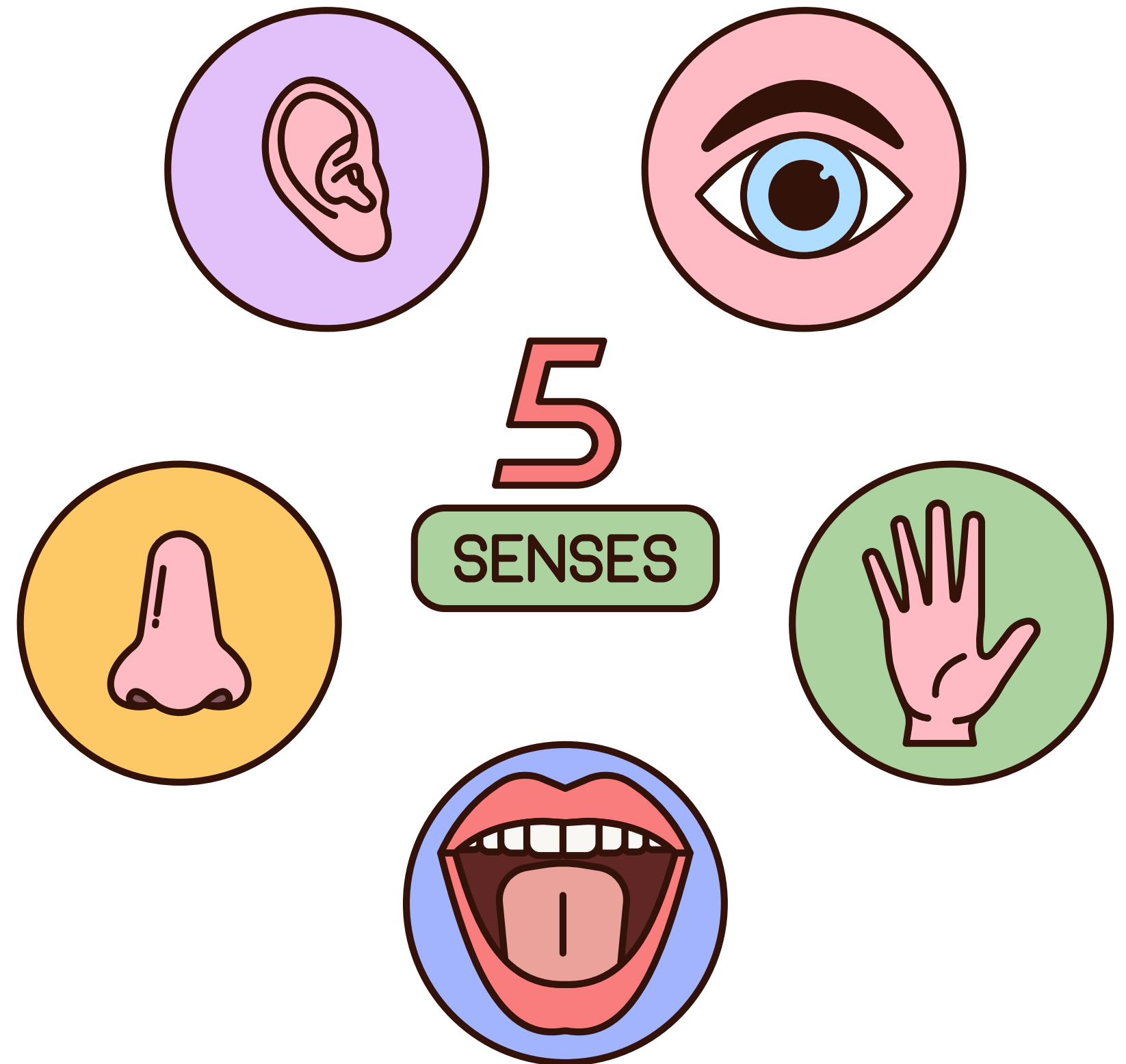
Think of your favourite food...



How does it taste?

**Which sense do
you think makes
the biggest
difference in
how much you
enjoy food?**

**Get ready for a
surprise...**



Taste vs Flavour Investigation

1. Choose a skittle.
2. Pinch your nose closed with two fingers of one hand.
3. Breathe through your mouth.
4. Keep holding your nose. Put the skittle in your mouth.
5. Notice the taste. Wait 5-10 seconds.
6. Unpinch your nose and exhale through your nose.
7. What did you notice?



Taste and Flavour



Your senses of
taste and smell
work together
when you eat.

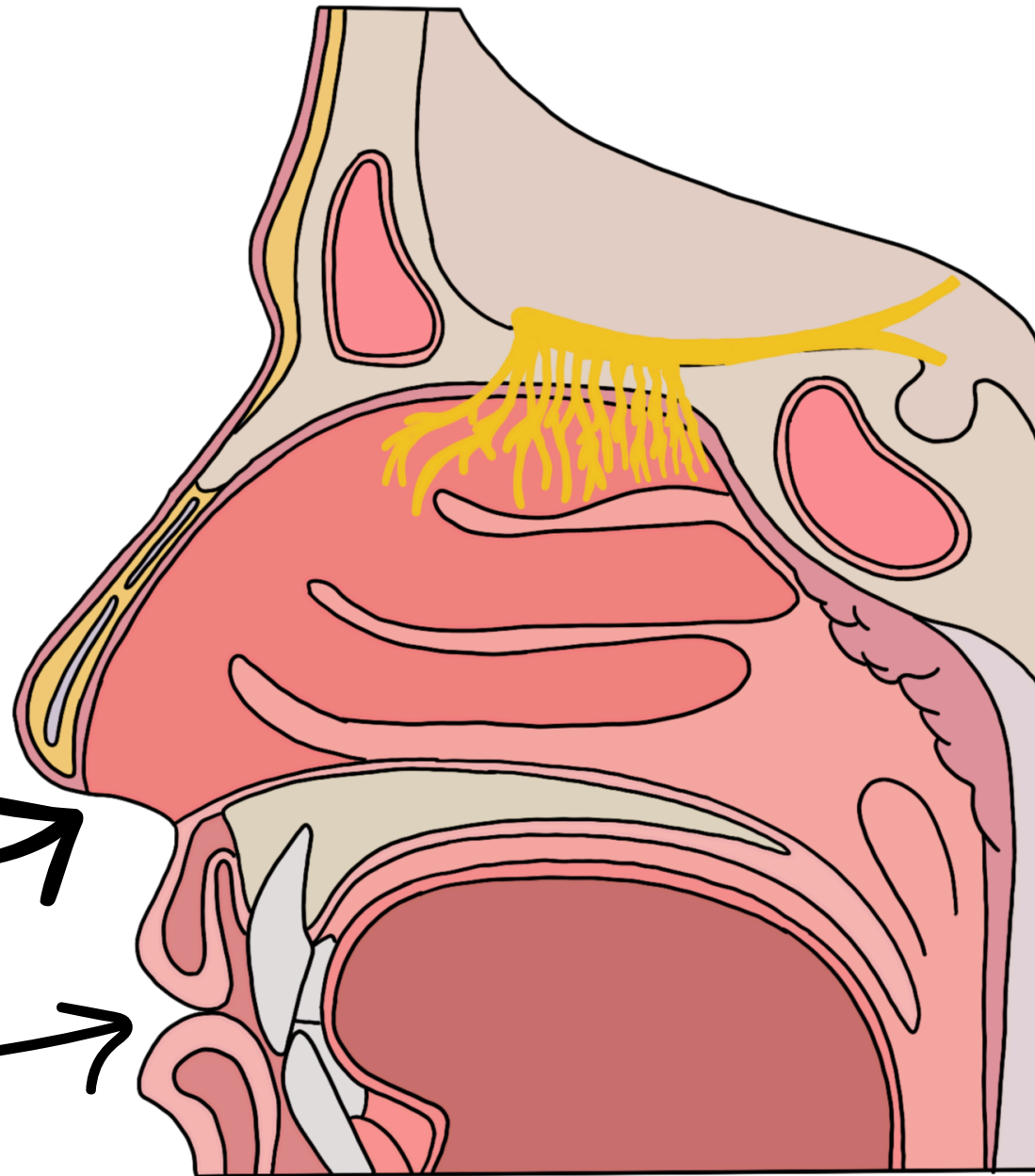
Most of the
flavour of a
food is actually
related to how
it smells.



Olfaction

Orthonasal Olfaction

Gustation

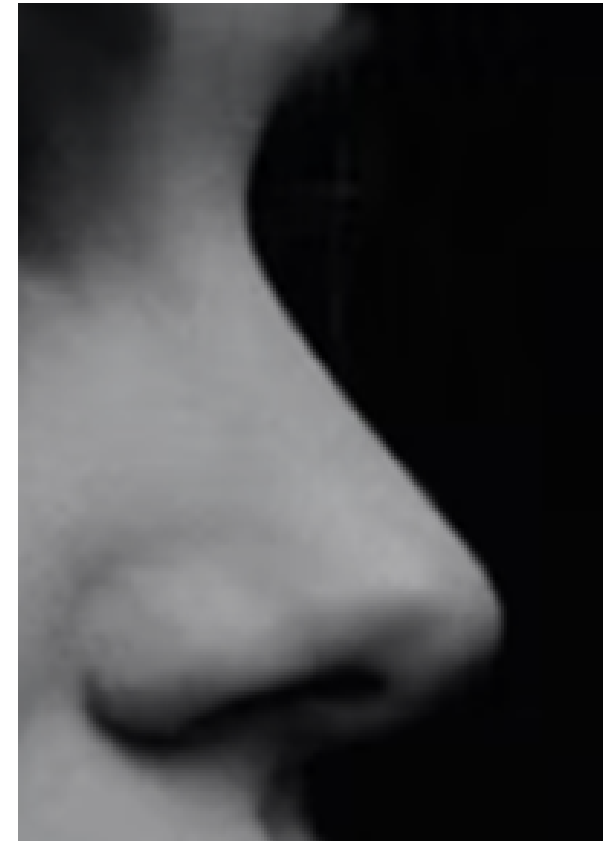


Retronasal Olfaction

Taste and Flavour



On our tongues
we **taste** sweet,
salty, savoury,
bitter and sour.



Through our nose we recognise
and experience the **flavours** of
strawberries, oranges and
apples, as well as
sausages and chips!

Smell Training



We can improve our sense of smell through smell training activities. This will help us to better enjoy the flavours of our food.



Smell Activity 1: Smelling Jars

- There are 6 different smells, each in a different jar.
- Open only one jar at a time.
- Take a few short “rabbit sniffs”.
- Think: Pay attention to what your brain does with the information it gets from your nose.
- Replace the lid to the same jar.



Smell Activity 1: Smelling Jars

Challenges:

1. Smell one jar.
 - a. Pay attention to how you react.
 - b. What does it make you think of?
 - c. Can you identify the scent?
 - d.
2. Smell a different jar.
 - a. Compare the two scents.
 - b. How are they different? Which do you prefer?
 - c.
3. Working with two sets of bottles, can you find the bottles with matching scents?



Smell Activity 2: Herb Garden Visit

- Smell the leaves of the herbs in our school garden.
- Use the LABELS to learn some of the plant names.
- Remember the names of three herbs:
 - Which herb has the strongest smell?
 - Which herb makes your favourite smell?
 - Which herb reminds you of something?



Smell Activity 2: Herb Garden Visit

Let's collect some data. Which herb smells made your list of three?

PEPPERMINT

CHAMOMILE

CHIVES

SAGE

BASIL

PARSLEY

ROSEMARY

THYME

CORIANDER

FENNEL

LEMON THYME

DILL

LEMON

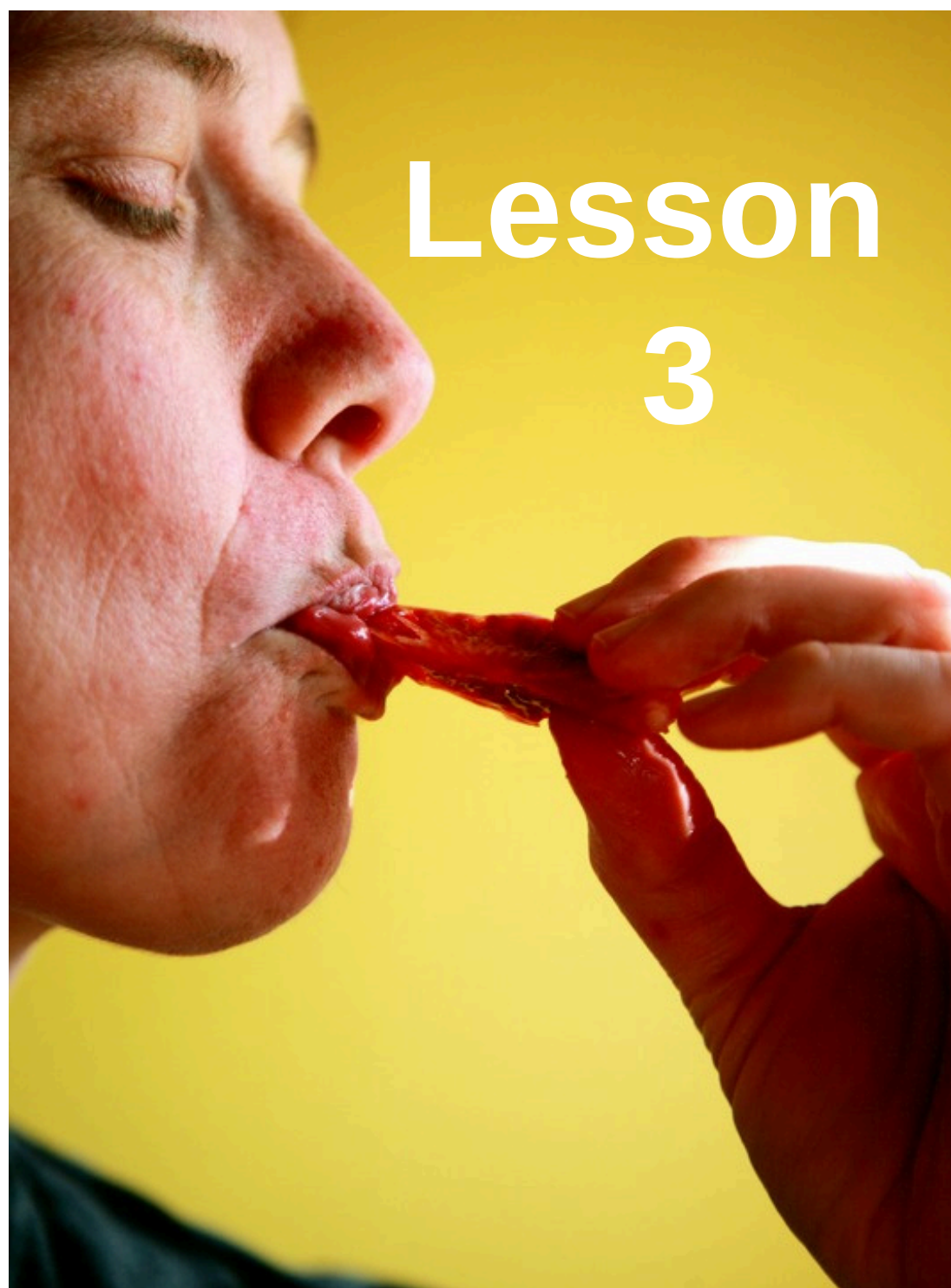
OREGANO

LAVENDER

CHOCOLATE MINT

**Taste
Test
2**

Are you becoming a more mindful eater?



Lesson 3

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And
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City Council

together for
children
SUNDERLAND