



Day One

Junior Infants, Senior Infants and 1st Class



Sensory Activity

The following resource has been designed based on the Food Dudes Week, junior level, day 1 video. This resource links with the primary language curriculum for junior infants, senior infants and 1st class groups.

Video Message:

The junior level, day 1 video explains different types of fruit and vegetables. The characteristics of specific fruit and vegetables are discussed and described.

This activity links with the following **curricular area**: Primary language > oral > exploring and using language.

Key Learning Outcomes:


Categorisation, retelling and elaborating, playful and creative use of language, description, prediction and reflection.

Teacher Instructions

Part 1:

1. Children will receive their first day of fruit and vegetables today, this will be melon and red pepper.
2. Encourage pupils to use all of their senses while trying the foods.
3. Using the sensory activity sheet below, ask pupils to describe the sensory characteristics of the fruit and vegetables and/or write them on the activity sheet.

Part 2:

1. Set up a mystery box at the top of the class with a hole in it for pupils to put their hand into, without seeing what is inside.
 2. Place a fruit or vegetable inside the box whole or cut in half.
 3. Designate one pupil at a time to come up and put their hand into the box and describe what they feel.
 4. The rest of the class can ask questions to investigate what is inside the box.
 5. Arrange for a selection of fruit and vegetables to be placed in the box.
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Sensory Activity

Materials required: a cardboard box with one hole in it, a selection of fruit and vegetables.

Examples of fruit and vegetables that can be used: kiwi, banana, blackberry, a peach, broccoli, celery, mangetout, green beans- any fruit or vegetable would be suitable for this exercise!

Example questions:







- ✓ Is this a fruit or a vegetable?
- ✓ What does it feel like?
- ✓ Is it hard/ soft?
- ✓ Is it smooth or lumpy?
- ✓ Is it rough on the outside?
- ✓ Is it wet or dry?

Once pupils guess correctly, they can further investigate the food in groups. Encourage pupils to discuss each fruit and vegetable based on the 5 senses.

- ✓ What colour is it?
- ✓ Is it round/ long/ big/ small?
- ✓ What does it smell like?
- ✓ Does it smell sweet/ sour/ bitter/ refreshing/ earthy?

Sensory Activity Sheet

The Food Dudes have brought you some fresh fruit and vegetables today. Can you use your five senses to complete the activity sheet below?

<p>Remember: It is important to listen whilst eating!</p>		
<p>I see</p> 		
<p>I smell</p> 		
<p>I feel</p> 		
<p>I taste</p> 		
<p>I hear</p> 