

Mystery Food Activity

Materials:

- Mystery Food Can (instructions follow)
- Mystery Food (enough for all your students to sample)

To make the can:

- Remove one end from a large, clean empty can
- Cut off the top portion of a sock
- Secure the sock along the edge of the can using masking tape
- Decorate the can with colourful pictures



- What's my shape?
- How do I feel on the outside?
- Are there parts of me you wouldn't eat?
- What sound do I make when you bite into me?

Procedures:

i. Have students identify the mystery food

- Place the mystery food in the can. Begin by using familiar foods and progress to less familiar ones.
- Explain to students that they will be identifying the food in the mystery can by touching it, smelling it and listening to the sound it makes by shaking the can. Tell them that they will have a chance to taste it after solving the mystery.
- Guide the exploration by having one student at a time put a hand into the mystery can. Ask the student a question about the size, shape, texture, sound, temperature, colour (inside and outside) etc. of the mystery food. After everyone has had a turn, ask the students to identify the food. Remove it from the can for everyone to see.

ii. Have students taste the mystery food

- Allow students the opportunity to taste the food. You may want to tie this in with a cooking activity.

Note: It is important to be aware of any food allergies your students may have.

Did you know? ... the more often you expose children to a food, the more inclined they are to like it. But don't pressure or reward children for trying new foods. Research shows that children who are pressured or rewarded when trying a new food are less likely to go back to it than children who are simply exposed to it and allowed to decide on their own whether or not to eat it.

