

EXPERIMENTING WITH THE SENSE OF TASTE

A Taste-Testing Extravaganza

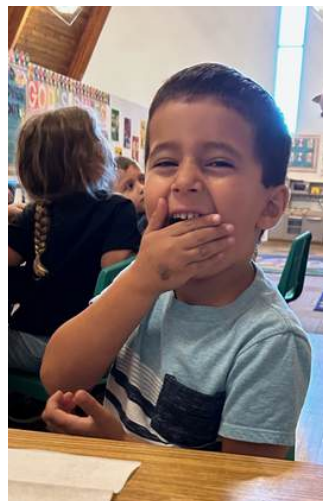
A brave culinary adventure awaits as our preschool children prepare to explore their sense of taste! Napkins are set at each child's place ready for a range of sour, bitter, and salty foods, from zesty lemon slices and juicy pickles to crunchy potato chips. Miss Zakarian and Mrs. Milki cheerfully explain, "Today, we're using our tongues to learn about flavors! God gave us taste buds, so let's see what they think!"

The children gather around, some grinning with excitement and others giving each other a cautious side-eye. Each food is like a new world waiting to be explored. With wide eyes and giggles, they embark on a flavor journey, one taste at a time.

First up, a slice of lemon. Some children hesitantly touch the fruit to their tongue while others bite into it and suck out some of the juice. Instantly, their faces twist into the most dramatic pucker. Eyes squint, nose wrinkles, and lips pull tight, but in spite of this hilarious reaction Dean gives the lemon a thumbs up.

Next, a juicy pickle. Mustering up their bravery after the lemon encounter, the children pick up the wobbly, green pickle and take a bite, for most just a lick is enough. The reactions are instant! Freezing mid-chew, with faces pinched into a dramatic frown, the pickles gain a unanimous thumbs down!

A salty potato chip, the last of our taste testing adventure, is of course met by smiles all around! Hands are eagerly and excitedly held out to receive the yummy goodness. As expected, the children devoured the salty treat with two thumbs up and politely asked for more.



As they sampled each food, the children learned about sensory development. Each flavor—sweet, sour, salty, and bitter—engages their taste buds in different ways, helping them understand and appreciate variety.

This simple tasting exercise also encourages language development. The children learn to describe what they're experiencing, reaching for words like "sour," "sweet," "bitter," and "salty." By expressing their thoughts, they're building vocabulary and learning how to communicate feelings and ideas.



During the tasting, the teacher gently weaves in a Christian lesson about gratitude. "We're blessed with so many flavors, and tasting them helps us appreciate God's creativity." The children are learning to be thankful for the foods on their plates and the people who grow, prepare, and provide them.

Each tasting moment also offers a lesson in openness and bravery. Some foods may seem unfamiliar, but with a bit of encouragement, most children give them a try. Even those who are initially hesitant often surprise themselves by trying just one bite. For some children, taking that tiny taste is a big step toward courage and confidence.



Through this fun group moment, the children practice making choices and sharing opinions, gaining the confidence to express themselves even when they think differently from others.

Bringing It All Together

In this joyful exploration of flavors, the preschoolers don't just learn about taste—they experience the fun of trying new things, the value of gratitude, and the courage it takes to step outside their comfort zones. With taste buds tingling and laughter in the air, they walk away knowing that even the smallest flavors can be part of God's delightful creation.

