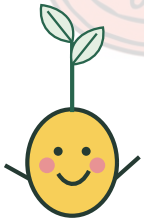
Harvest Taste Test

Describe vegetables using your senses and discover your own preferences.



Little growers, big discoveries

15 MIN | FOOD AND SENSES | AGES 5+ WITH AN ADULT

Grab your kit

Two samples of the same edible vegetable, homegrown and shop-bought if available, labelled plates A and B, water, paper and a pencil.

Your discovery mission

1. An adult checks allergies, washes the produce and prepares age-appropriate pieces. Use vegetables suitable for eating raw, or cook both samples in the same way.
2. Look at samples A and B without revealing their origins. Describe their colour, shape and smell.
3. If you want to, try a small piece of each. Describe the texture and flavour; take a sip of water between samples.
4. Record your observations, then reveal where each sample came from. It is fine to prefer either sample or to find them similar.

What did you discover?

Sample A describing words: _____

Sample B describing words: _____

Draw your discovery

Let's wonder...

Could freshness, variety or preparation explain any differences you noticed?

NEXT ADVENTURE

Repeat on another day with a different vegetable. Looking and smelling are useful ways to take part without tasting.

An adult checks allergies, identifies edible produce and prepares it safely. Tasting is always optional.