

Awesome Kidz 3

Unit 2 Lesson 10



Aim: Students will identify different tastes (sweet, salty, sour) and associate them with food items.

Time: 45-60 minutes

Materials:

- Lemon slice (or visual), chocolate, pretzel (or visual), or safe food items for tasting
- Visual aids for children with allergies or dietary restrictions
- Worksheet with food items
- Baskets for sorting
- Safe food samples for tasting (or visuals)
- Printed images of food items (for sorting) *attached
- Images with pictures of sweet, salty, and sour foods.
- Baskets for grouping activities.

Tip: Encourage sensory exploration in a controlled environment. Montessori emphasizes learning through touch and taste, so use real food items whenever possible. For children with food allergies or restrictions, visuals and gestures can also be effective. Keep the atmosphere calm and nurturing, allowing students to express their likes and dislikes without judgment. This supports their emotional development, which is key in Waldorf and whole-child approaches.

Engage:

Taste Testing Introduction

Begin the lesson by introducing the concept of taste using simple language. Show three distinct food items (like a slice of lemon for sour, a small piece of chocolate for sweet, and a pretzel for salty). Ask each student to taste or smell the items (if taste testing isn't possible, simply use visuals and gestures to describe the taste).

Encourage them to describe the taste using words like "sweet," "salty," or "sour." This engages their senses and personal experiences.

Explore & Practice:

With the Book

Match the Taste

Show the book page with images of different foods (pizza, lollipop, ice cream, etc.). Read the taste words aloud: "sweet," "salty," and "sour." Ask the students to point out the foods that they think are sweet, salty, or sour. Have them trace the corresponding words ("salty," "sweet," "sour") on the worksheet to reinforce vocabulary recognition.

Use real food items or pictures of them to let the children physically touch, smell, or (if appropriate) taste, while saying the corresponding words.

Taste Grouping

Place three baskets labeled “Sweet”, “Salty”, and “Sour” in front of the class. Give each child a picture of a food item (e.g., pizza, lollipop, lemon). Ask the children to walk up and place their picture in the correct basket while saying “This is sweet,” “This is salty,” or “This is sour.” Let them describe the taste if they’ve tried the food before, connecting real-world experiences with language learning.

Closing:

Taste Memory Game

End the lesson with a fun memory game to help children retain the taste vocabulary.

Show flashcards of different foods and have students shout out whether it’s sweet, salty, or sour. Reinforce with hand gestures (e.g., pretend to lick something sweet or scrunch up the face for something sour).

Ask students which taste they liked the most and why. This promotes self-expression and personal preferences, aligning with whole-child development.

Note: After this lesson, students can do **Fun Book** page 58.



