

Early Sprouts Program Sensory Exploration

Exploring Bell Pepper

Cooking activity: Confetti Corn Muffins

Purpose:

- To provide children with a food preparation experience involving sensory exploration of bell peppers.
 - *Examine the bell pepper. What does it feel like? ~ (vocabulary: heavy, smooth, rough, bumpy, wet) Can you hold the pepper in one hand or two?*
 - *Today we will use a knife to cut open our bell peppers. What do you notice about the inside of the bell pepper? Can you identify the parts of the pepper?*
 - *When you break the pepper with your fingers what do you hear?, smell?, feel? What does the bell pepper taste like? What words could you use to describe the taste and feel of bell peppers?*

Materials:

5-6 child size knives

Cutting boards or paper plates for each child

1 green bell pepper per two children

1 big bowl to collect all the bell pepper pieces

Procedure

1. Children wash hands and sit at the table. When all children are sitting the teacher hands out the knives. Children use knives safely to cut bell pepper pieces.
2. Teachers assist children as needed and offer use of hands for tearing bell peppers or knives for cutting bell peppers.
3. Teachers ask children to place bell pepper pieces in the big bowl.
4. If interested, have children taste bell peppers and discuss texture and taste. Remember to have children wash hands again if they want to resume cutting.
5. Clean-up