

Taste Test

In My Shoes
Tips for Teachers

Learning Outcomes

- ✓ Students will realise that different people are effected in different ways by sensory issues.
- ✓ Students will be able to give examples of some sensory issues.
- ✓ Students will be able to identify some physical reactions to sensory problems.

Curriculum Links

Technology	Food technology.
Health	Food and nutrition.
Well Being	Personal health.

Teaching and Learning Opportunity

Play one of these parts of the DVD:

- Judaea reacts to food that smells strongly.
- Thomas is talking about the food he likes/dislikes and the taste of cutlery.

Discuss what food the classroom students may like or dislike.

What is good/bad about these foods?

“How does it make you feel if you have to eat something you don’t like?”

“How does your body react?”

If appropriate have a taste testing session at school in the class. (be aware that some children will choose not to do this activity because of food sensitivities).

- Taste (salty, bitter, sweet, sour)
- Colour (green porridge)
- Texture (lumpy, smooth, hard, soft)
- Smell (kai moana, offal)



Other sensory issues mentioned on the DVD:

- * Lights
- * Water on skin
- * Noise
- * Touch