

# MYSTERY BAG

Time 10–15 Minutes

## Objective

To get children to use their senses to identify a food

## Supplies

- Bag you can't see through
- A food

## Location

Any location

## Preparation Talking Points

- 1 Exploring foods using our senses can help us feel more comfortable with new foods.
- 2 Ask the group what our five senses are (taste, touch, sight, smell, sound).

## Directions

- 1 Choose any food to put into the bag. Make sure children do not see you putting the food in the bag.
- 2 Ask the children to feel the food, describe the shape, size and texture, and guess what it might be. If there are many children participating, ask them to save their guess for when everyone has had a chance to feel the food.
- 3 Remove the food from the bag. Ask the children to identify the food and ask them what can be made using this food.
- 4 Cut the food to observe the inside (e.g., seeds, pits, core).
- 5 Prepare the food in a dish, serve, and enjoy.