

The 'Feeling' Box and Sensory Words Activities

The 'feeling' box

A feeling box is a fun way to introduce new foods and encourage children to use descriptive language.

How to make a feeling box

- Use a shoe box or similar sized box
- Cut a hole in one end of the box, big enough for a child's hand to get through
- The box can be decorated with magazine pictures of food and drawings.

Suitable foods

Try using a range of foods of different textures, shapes and sizes and foods from the different food groups

For example;

Butternut squash, aubergine, dried rice, soft bread, hard dough bread, melon, kiwi, banana, yam, okra, dried fruits, rice cakes, poppadums, cucumber, corn on the cob



Feelie box, decorated with coloured paper and magazine pictures

Hole for putting your hand through

Blind-fold games

As an alternative to or addition to the feeling box, children can be blind-folded and pass round fruits, vegetables, bread, or any food inside a plastic bag or cling-film.

Ask children to guess what the food is, and/or describe how it feels and smells. This activity is a great way of introducing new words to young children. These words can be used to describe many different foods that you can use in the feeling box.

Sensory words

There are lots of different types of food. What is your favourite food? What food do you not like? Why do we like or dislike food? The answers to these can be:

How it tastes

There are four basic tastes that the tongue can recognise. These are: sweet, sour, salty and bitter. Tastes can also be associated with particular foods, for example: meaty, minty, fruity.

What other tastes can you recognise?

Acidic	Fruity	Pleasant	Succulent
Appetising	Good	Rancid	Sugary
Bitter	Greasy	Raw	Sweet
Bland	Hot	Rich	Tangy
Cool	Inspid	Rotten	Tart
Creamy	Juicy	Salty	Tasteless
Delicious	Mild	Sharp	Tasty
Disgusting	Nasty	Smoky	Unpleasant
Exquisite	Nice	Spicy	Watery
Flat	Palatable	Sour	Weak
Flavourless	Peppery	Stale	Yummy
Flavoursome	Plain	Strong	Yuck!
Fresh			

How it smells:

Smells and taste work together to produce a 'flavour'. These words can be used to describe a taste or smell.

Acrid	Foul	Offensive	Spicy
Aromatic	Fragrance	Perfume	Stale
Bad	Fragrant	Pongy	Stink
Bland	Fruity	Pungent	Strong
Bouquet	Heady	Rank	Sweet
Disagreeable	Noxious	Reek	Weak
Essence	Odour	Scent	Whiff
	Off	Scentless	Yummy

How it feels and how it looks: Texture and Appearance.

Textures can be described through touch and tasting. How does a texture change when you put it in your mouth? Appearance can be shape, size, colour and surface texture.

Coarse	Flaky	Lumpy	Spongy
Cold	Flexible	Moist	Springy
Crisp	Fragile	Mushy	Squelchy
Crumbly	Fluffy	Oblong	Square
Cushiony	Grainy	Powdery	Sticky
Damp	Granular	Round	Stiff
Different colours	Greasy	Rigid	Stretchy
Dry	Hairy	Rough	Tender
Firm	Hard	Silky	Tough
Flaky	Hot	Smooth	Velvety
	Juicy	Soft	Warm
	Large	Soggy	Waxy
	Limp		Wet

Here are some examples:

Things I like in my packed lunch

- It looks brown on the outside, but inside it is moist and chewy, it tastes fishy, with something fresh, cool and sometimes limp in the middle (tuna and cucumber sandwich).
- They are juicy and sharp and a beautiful purple colour (plums).
- Its zingy liquid and orange (a segment of orange).