



## Taste the Difference

### Description:

Students use all of their senses to identify subtle differences between four varieties of the same fruit or vegetable. They then describe each sample, and finally work together to perform a poem or other creative presentation for the class.

### Materials:

- Hand soap
- 4 varieties of apples, such as Golden Delicious, Fuji, Granny Smith, and Mutsu.  
There should be enough produce for each student to have a sample of each variety. (Tip: This activity also works with other fruits or vegetables)
- 1 large kitchen knife (for the teacher) or 4 apple corers (for students)
- 4 cutting boards
- 4 paper lunch bags
- 120 slips of scrap paper
- 4 large pieces of chart or construction paper
- Toothpicks
- *Optional:* Bell
- *Optional:* Percussion instruments

### Preparation:

1. Wash and prepare all apples for sampling. For older students, you can just place all of the washed apples of one variety onto a cutting board with an apple corer. For younger students, wash and slice each apple into enough samples for each student. Then place each variety onto a separate cutting board, and place toothpicks into each slice for easy handling.
2. Create four labels, one for each apple variety.
3. Set up four stations in the classroom or outdoors. At each station place one cutting board with samples of one apple variety, a label stating the variety name, one lunch bag, 30 strips of scrap paper, four pencils, and one large sheet of paper. Make sure it is easy for a quarter of the class to gather around one station at a time.
4. Place hand soap near sink.

### Class Discussion:

*Look at this apple. Which senses can you use to learn more about it? Sight? Smell? Touch? Taste? What are some words you could use to describe an apple? Create a word bank with their answers and post it somewhere they can look during the taste test to get ideas. In*

*this lesson there are four stations with four different types of apples; you will spend a few minutes at each station. If relevant at this point, demonstrate how to use an apple corer. Each of you will examine very closely one slice of apple at each station. Be sure to notice the colors on the inside and outside and the smell. Then taste your apple slice, and notice the flavor and texture (that's the way it feels) inside your mouth. Finally, each of you will choose a word to describe the apple at the station, write the word on a strip of paper, and put the paper in the lunch bag. Demonstrate the process. When you hear me ring this bell, rotate clockwise to the next station. Again, demonstrate.*

**Action:**

1. Discuss or review safe food handling. Highlight and demonstrate how to wash hands thoroughly and how to take a sample without touching any of the other samples on the plate.
2. Have all students wash their hands.
3. Divide the class into four groups. Each group will spend a few minutes at each apple station, exploring and tasting each sample. Suggest that they use all of their senses to observe what makes that apple variety unique.
4. At each station, ask each student to write on a strip of paper one descriptive word about the sample and place it in the bag.
5. After the groups have been to all stations, have them return to the station where they started and open the bag of words. Have each group use all the words to compose a poem about that apple variety. Ask them to copy it onto the large sheet of paper. Each word must be used once; if the same word appears three times, it must be used three times. Encourage creativity; students can act out their poem, turn it into a song, or even choreograph it as a dance. They can choose the order of the words, the rhythm, and whether or not to include gestures, percussion instruments, audience participation, or hand clapping. Have the students title their poems.
6. Have each group present their poem to the class. After each one, the class can try to guess which apple variety that group had.
7. Post the poems and attach the apple variety name to each one.

**Digging Deeper:**

Which apple was the most sweet? Tart? Crunchy? Juicy? Compare two apples that seemed very different from each other. Compare the two apples that seemed the most similar.

In the fall, visit an apple orchard to see apples growing on trees, or visit a farmers' market to meet an apple farmer and taste even more varieties of apples.

**California Health Standards:**

- 7.1.N. Select nutritious snacks.
- 1.6.G. Name and describe the five sense.
- 1.6.N. Describe how to keep food safe from harmful germs.