



# REQUIRED LESSON PLAN CONTENT FOR SUBMISSION

**Title of Activity:** Taste Testing Water Recipes

**Age group:** 4-6 year olds

## What the children will be doing during this activity:

After preparing and tasting at least two “water recipes”, children will identify their favorite.

## Materials Needed:

Small cups (like Dixie bathroom cups), pitchers of cool water, stations set up to taste testing: examples- mint with a mortar and pestle or way to mash the mint leaves; orange halves and a juicer or slices that the children can squeeze; bits of apple and cinnamon sticks for stirring; peeled cucumber slices and plastic knives or butter knives for the children to cut the cucumber slices. The stations may need: cutting board, butter knives, mortar and pestle (bowls and spoons), juicer, spoons for mixing.

## Instructions:

Each station should include small cups, a pitcher of cool water and the opportunity to prepare and taste one flavor. Give the children the opportunity to choose two or three flavors to prepare and taste. Keep it simple. Children can mash mint leaves with a mortar and pestle or in a bowl using the back of a spoon. Add a little mint to a cup and taste. Orange slices can be squeezed into a cup of water or use half of an orange with a juicer. Have apple already diced and let the children stir a little into a cup of water with a cinnamon stick. Let the children cut up a cucumber slice with a plastic knife or a butter knife, add the bits to a cup of water. After the children have prepared and tasted the “water recipes” create a graph to document everyone’s favorite.

## Talking points for introducing the activity:

Does anyone know what a recipe is? (Instructions for cooking something) What kind of recipes have you (or your family) used? What do you like to drink? We know that sugar isn’t good for us and juice has sugar in it. Do you think we could create some recipes for flavored water that doesn’t have sugar in it? What flavors would you like to try?

## Talking points for during the activity:

If we did this activity again, what else do you think we could mash to taste in our water? That orange has a lot of liquid in it. Where do you think that is coming from? That is a cinnamon stick. We use cinnamon in other ways, too. What else have you put cinnamon on? Where else have you tasted cinnamon? You can choose to add more or less cucumber. What do you think will taste better?

## Follow-up ideas:

Send home “Water recipes” for families to try. Set up flavored water for families to try at pick up time. Ask the children for ideas to try another day. On another day, have stations set up so that children have the opportunity to try two different flavors in their water like, mint and cucumber, watermelon and basil or strawberries and cucumbers.

