



Nutrition for Early Learning and Child Care

Mystery Food Activity

- Introduces children to new foods in a fun and stress-free environment
- Allows children to explore new foods before being given the opportunity to taste them
- Engages children in the process of learning where our food comes from and how it can be prepared

1. Put mystery food in the container prior to starting activity.
2. Sit as a group around a table or on the floor.
3. Pass the container around the group and (without looking) allow each child to reach in and explore the new food.
 - Ask children to keep their guesses a secret until everyone has had a chance to explore the food
 - Encourage children to feel the food, gently shake it around, try to smell it, etc.
 - Guide discussion as children are taking turns
 - What shape is it?
 - What size is it?
 - What did it smell like?
 - What is the texture?
 - Smooth? Rough? Bumpy? Hard? Soft?
4. Once everyone has had a turn, discuss as a group. Try to guess what food is in the container.
 - Once you have guessed the food, guide discussion on the food item
 - Have you tried it before?
 - Do you know where it comes from or how it grows?
 - Did you know it can be prepared in different ways?
 - What color do you think it is on the inside?
 - What do you think it will taste like?
5. Allow children to observe, while you prepare the food item for them to taste.
 - Pass around the food and give children a chance to taste the food item
 - If they choose not to taste the food item, allow them to pass (no pressure to try)
6. Try to include the 'mystery food' on your menu soon after the activity.

*Make your own mystery container: use an empty tissue box or cut a hole in the top of a box and cover hole with fabric (if desired) and decorate!