

Engaging the Senses at the Farmers Market

Smell

Let your child pick out something to smell, such as, an herb or flower. Talk with your child about what she is smelling and use adjectives to describe the scent. Expand on the activity by asking questions...Is the scent strong? Do all of the flowers smell? Do you have a favorite herb or flower based on the smell?

Sight

Can your child find carrots in a color other than orange or a tomato in a color other than red? Look around the market for vegetables in untraditional colors. Discuss the vegetables in untraditional colors.

Hear

There are so many different sounds around the market. Find musicians and talk about the different instruments with your child. Try to sing along to the songs the musicians are playing.

Taste

Find a sample of something your child has never tasted before. Use adjectives, such as, crunchy, soft, sweet, sour, or yummy to help your child describe what she is eating.

Touch

Have your child touch a variety of fruits, vegetables, herbs, and goods. Use adjectives to compare and contrast how these items feel.

Does the fruit feel smooth or bumpy? Can your child find a bumpy vegetable? Can your child find something soft?

