

# The Sensory Journey

The Sensory Journey begins at mealtimes, they offer a powerful sensory experience for children. From exploring textures and manipulating utensils to smelling delicious aromas and tasting new flavours, the dining table or highchair becomes a place for daily sensory learning.

### Cooking Engages All Five Senses

#### Seeing



Observing the transformation of the ingredients as they are chopped, mixed, and cooked.

#### Touching



Feeling the different textures of the ingredients, from smooth flour to bumpy vegetables.

#### Hearing



Listening to the sizzle of food in a pan, the crackle of chopping vegetables and the sound of a whisk against a bowl.

#### Smelling



Enjoying the mouth-watering smells that fill the kitchen as food cooks and identifying the different food smells.

#### Tasting



Bringing together all of the five senses to experience the final flavours of the cooked dish.

#### Remember!

Sensory experiences are vital for every child's development. Make learning fun by including more sensory play into everyday activities!



By describing these sensory experiences with children as you cook together, you can help them develop a deeper appreciation for food and a love of healthy eating habits.