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## ***At the kindergarten - Intercultural awareness and understanding***

### **ACTIVITY 1: SHARING FLAVOURS**

Objectives/ aims of activity (children be able to):

- Understand that people may react with fear or judgment when faced with unknown people or situations.
- Become aware that judgement of others based on appearance can lead to stereotypes.

Activity steps

- 1) The teacher engages children in a conversation about situations where children feel unsure or scared about something new (e.g. a new place, a new classmate). The teacher can ask how the children felt when trying something new they thought they would not like, or when meeting someone who looked or spoke differently from them. Next, they converse about ways to overcome such feelings of insecurity or fear (e.g. What made you feel better? Did someone help you? What did they do?).
- 2) Tasting activity – trying something new. The teacher invites parents to bring a small dish or snack they regularly eat and that reflects their family's cultural background or traditions. (Parents add labels with key ingredients to pay attention to allergies). The teacher encourages children to try unfamiliar food without judging appearances or smell (e.g. Did you like the taste? Why or why not? Does it remind you something you have tasted before? Is it rough or silky on your tongue?). The practitioner emphasizes that there are different taste preferences in every family, culture or region.
- 3) After the tasting children create their 'tasting booklet' (cf. resources) by pasting photos of dishes or snacks they tried for the first time. They indicate whether they liked them and how they felt while tasting them.
- 4) The teacher can introduce children to the flavours sweet, salty, sour, and bitter and encourage children to describe the food tasted in relation to these flavours.

Resources needed to carry out the activity

- Photos of the dishes or snacks the parents prepared
- Images representing the different tastes (sweet, salty, sour, and bitter)
- Instructions for making a mini book from an A4 sheet of paper

Approximative time indication for activity: please adapt to child and activity