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# The Super Sweet vs. Power Pucker Adventure

## Materials Needed:

- **For Tasting (The "Taste Test Treasure Chest"):**
- Small plate or tray with separate sections
- A glass of water for rinsing the mouth between tastes
- Small, bite-sized pieces of "sweet" foods (e.g., a piece of banana, a strawberry, a mini marshmallow, a drop of honey on a spoon)
- Small, bite-sized pieces of "sour" foods (e.g., a lemon wedge, a lime wedge, a plain Greek yogurt drop, a sour candy like a Sour Patch Kid)
- **For Crafting (The "Flavor Friends" Art Project):**
- Two sheets of construction paper (e.g., one pink for sweet, one green for sour)
- Markers or crayons
- Child-safe scissors
- Glue stick
- Old magazines or grocery store flyers with pictures of food

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## Lesson Plan Details

**Subject:** Science (The Five Senses: Taste), Language Arts, Art

**Age Group:** 5 years old

**Time Allotment:** 45 minutes

### 1. Learning Objectives

By the end of this lesson, the student will be able to:

- Identify and name the tastes "sweet" and "sour."
- Describe the feeling or facial expression associated with each taste (e.g., "sour makes my face pucker").
- Sort pictures of foods into "sweet" and "sour" categories based on their own experience or predictions.
- Verbally express their preference for either sweet or sour tastes.

### 2. Lesson Activities & Procedure

#### Part 1: The Hook - The Story of the Two Tongues (5 minutes)

Start with a fun, imaginative story. Say something like: *"Did you know that on our tongue live tiny little taste buds? Today, we're going on an adventure to meet two of them! One is named Sunny Sweet, who loves everything sugary and makes you smile. The other is named Professor Pucker, who loves sour things that make your whole face scrunch up! We need to help them find their favorite foods. Are you ready to be a taste explorer?"*

## Part 2: The Exploration - Taste Test Treasure Chest (15 minutes)

This is the hands-on tasting part. Guide the student through it step-by-step.

1. **Set Up:** Present the prepared plate of foods. Explain that this is the "Taste Test Treasure Chest" and their job is to discover which foods belong to Sunny Sweet and which belong to Professor Pucker.
2. **Instructions:** Explain the rules: "We will only taste one tiny piece at a time. After each taste, we'll take a sip of water to clean our tongue for the next adventure."
3. **Guided Tasting:**
  - Start with a sweet item, like the strawberry. Ask, "How does that taste? Does it make you smile? I think this one is for Sunny Sweet!"
  - Next, try a sour item, like the lemon wedge (just a tiny lick is fine!). Exaggerate your own pucker face. "Whoa! My face is puckering! This must be one of Professor Pucker's favorites! What did your face do?"
  - Continue tasting the different items, one by one. After each taste, ask questions like: "Is this sweet or sour?" "Who would like this food more, Sunny Sweet or Professor Pucker?" "Can you make a 'sweet' face? A 'sour' face?"

## Part 3: The Application - Flavor Friends Art Project (20 minutes)

This activity allows the student to apply what they've learned creatively.

1. **Create the Backgrounds:** Take the two sheets of construction paper. On the pink one, write "Sunny Sweet's Picnic" at the top and draw a large smiley face. On the green paper, write "Professor Pucker's Lab" and draw a big pucker-faced expression.
2. **The Food Hunt:** Hand the student the old magazines/flyers and child-safe scissors. Say, "Now you are a food detective! Your job is to find pictures of foods, cut them out, and decide which picnic they belong to."
3. **Sort and Glue:** Let the student cut out pictures of various foods (e.g., cake, apple, candy, pickles, yogurt, lemons). For each picture, ask them, "Do you think this is sweet or sour? Where should we glue it?" Help them glue their pictures onto the correct paper, creating two distinct collages.
4. **Discussion:** As they work, talk about the foods. "Oh, a birthday cake! That is definitely for Sunny Sweet's picnic. What about this pickle? Where would Professor Pucker put that?" This reinforces the vocabulary and concepts.

## Part 4: The Wrap-Up & Assessment (5 minutes)

Review what was learned in a fun, conversational way.

- **Show and Tell:** Have the student present their two "Flavor Friends" collages. Ask them to point to one food on each page and tell you if it's sweet or sour.
- **Final Question:** Ask, "Which picnic would you rather go to today? Sunny Sweet's or Professor Pucker's? Why?" This connects the lesson to personal preference.
- **Check for Understanding:** The completion of the sorting collage serves as the primary assessment. You can see if they correctly categorized most of the foods, demonstrating their understanding of the concepts.

## 3. Differentiation & Extension

- **For Added Support:** If the student is hesitant to taste, don't force it. You can describe the taste

and have them sort based on smell (e.g., lemon vs. banana) or based on knowledge you provide ("Lollipops are very sweet. Let's put this picture on the sweet page.").

- **For an Extra Challenge (Extension):** Introduce other tastes like "salty" (a pretzel) or "bitter" (a tiny piece of dark chocolate or radicchio leaf). You could create a third collage for a "Salty Sam." You can also make a simple chart or graph of "sweet" vs. "sour" foods found in your kitchen pantry.

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