



★ **SENSORY EXPLORATION**

Berries - Fresh, Frozen, Dried and Jam

OBJECTIVES:

1. Children compare the smell, look, feel, and taste of preserved berries in different forms: frozen, dried, and in jam.
2. Children learn that fresh berries can be frozen, dried, or made into jam so that they can be eaten during the winter.

WHAT YOU MIGHT NEED:

1 bag of frozen mixed berries; dried berries (blueberries, cranberries, strawberries, or whatever is available); 1 jar of a low sugar berry jam
Plastic or paper tablecloths
Chart paper, markers
Three bowls and spoons

WHAT YOU MIGHT DO:

- Place frozen berries, dried berries, and jam in three different bowls.
- Tell children that berries grow in the summertime. Ask children if anyone has eaten fresh berries in the summertime. Talk about how we can “preserve” berries so that we can eat them in the winter. We can freeze fresh berries to eat them in the winter (point to the frozen berry bowl). We can dry fresh berries, too (point to the dried berry bowl). We can also cook berries with sugar to make berry jam (point to the bowl or jar of jam). Remind children about the “Jamberry” book and how the bear and the boy were making berries into jam.
- Invite children to explore the feel, smell, and look of the frozen berries, dried berries, and jam. If you have a tablecloth, children can explore the berries right on the table. Or, put a couple frozen berries, dried berries, and a little jam in bowls and give one to each child for exploration.
- Ask children to describe how the berries are the same or different. How do the frozen and dried berries and jam feel differently? How do they look differently? What do they smell like? Record answers on chart paper.
- Offer tastes of the berries for those children who would like to try. Remind children to wash their hands after tasting and before continuing to explore the berries.
- Offer children a hand stamp for exploring a new fruit!

