



# ★ **SENSORY EXPLORATION**

## Dried, Sprouted, Cooked and More!

### **OBJECTIVES:**

1. Children compare the feel, taste and color of assorted beans.
2. Children compare bean sizes and shapes.
3. Children compare dried and cooked beans and sprouts.

### **WHAT YOU MIGHT NEED:**

A variety of different bean types: black, black-eyed peas, cannellini, great northern, kidney, lima, pinto, etc.

A few beans that have sprouted (The ones from the sprouting activity would work great!)

A few beans that are still in pods

A bowl of beans, already cooked

Large pieces of paper, markers

### **WHAT YOU MIGHT DO:**

- Leave the different beans out for children (in the sensory table, or elsewhere) to explore and compare the different sizes and shapes.
  - Ask children to describe how the beans are the same or different. Are they all the same size? Are they the same color? Do they have different textures?
- Have children compare the sprouted beans with the dried beans.
  - Ask children to describe how they are different. Where are the sprouts coming from? Describe how beans are seeds, and the sprouts come from watering the seeds to get them to grow.
- Have children explore the bean pods. Open them up, or have children open the pods to reveal the beans inside. Ask children: how many beans are in the pod? Do these beans look the same as the dried or sprouted ones?
- Offer tastes of the cooked beans. Explain that dried beans are not edible, but sprouting them in water or cooking them makes them good to eat! Have children compare the look and feel of the cooked beans with the dried and sprouted beans. You can bring in hummus or a bean dip for additional exploration.
- Offer children a hand stamp for exploring a new vegetable!

