

## Follow Your Nose

### Things to Do Together

We are exploring nature with our senses of smell and taste. Here are some activities you and your child can do together:

- Cook something together. Talk about where the ingredients come from.
- Open kitchen cupboards and smell things inside.
- Taste without seeing or smelling. While your child's eyes are closed, hold your child's nose closed and offer something to taste. Does food taste the same when you can't see it, or when you can't smell it?
- Talk about smells that can warn us of danger, such as smoke, natural gas, and rotten food.
- Try a new tree food together (such as cashew, kiwi, olive, pine nut, pomegranate, star fruit, or walnut).

→ **Family, Friends, and Forests:** Find out what foods come from forests.



**Make a favourite family recipe that uses a fruit, nut, or spice from a tree. Encourage children to share it with someone else in the community and tell them what makes it special.**

Help build your child's vocabulary by using some of these new words in your conversations:

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We are reading the following books. Check them out from your library, and invite your child to share them with you.

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