

# TRYING HIGH FIBRE FOODS

## Context

Having a diet high in fibre rich foods can help support the 'good' bacteria in your intestines.

Examples of high fibre foods includes: wholegrains (wholegrain pasta, oats, brown bread, brown rice, bulgur wheat), legumes (lentils, peas, baked beans, chickpeas), seeds, vegetables and fruit.

In this experiment, your pupils will try different high fibre foods, and write down how they would describe the flavour to another person.

## Tools and Ingredients

Split your class into small working groups

1x tray per group

- **Beans** and pulses: Baked beans, chickpeas, peas
- **Seeds:** Sunflower seeds or pumpkin seeds
- **Vegetables:** broccoli, carrots, sweetcorn
- **Carbohydrates:** oats, wholegrain pasta, wholegrain rice, wraps (cut into small pieces)



## Method

1. Collect all of your ingredients and either arrange on a tray in bowls, or place samples of the ingredients onto a plate.
2. Print off our 'activity sheet' or instruct your children to create a table in their workbooks with columns to help them evaluate their taste.
3. Brief the children, saying they are going to be trying different foods to evaluate the different properties of the food, can that it really important to remember that they don't need to like the food
4. Hand out the trays/plates to the pupils, and remind them that they don't need to like the food, but that it is important to be adventurous and encouraging of others.
5. Ask the children to work through the different foods and complete their table evaluating their flavours (it may be helpful to refer to a flavour profile chart).
6. Wrap up by discussing what meals some of these foods could be found in, and that having a balanced plate can help support a healthy digestive system. And remind the children that if they don't like the food now, they might if they kept trying the food to get used to the flavour.

## Reflection Questions

What have you learned today?

What did you observe in the experiment?

How did this experiment make me feel?

If you could do this experiment again, what would you change?

If you could learn more about this topic, what would you like to know?

## Top Tips

Remember to be positive when asking the children to interact with foods, some of the children may be nervous to try unfamiliar foods!

If you get pupils involved in this experiment, please be aware of religious beliefs, allergies and intolerances.

# SENSORY EVALUATION SHEET

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**Food):** \_\_\_\_\_

**Aroma:** Circle 1 option

- **Excellent**, it smells amazing!
- **Good**, it smells nice!
- **Fair**, it smells okay, not exciting!
- **Not yet**, I don't enjoy the smell

**Texture:** Circle 1 option

- **Excellent**, it feels great in my mouth!
- **Good**, it feels nice, not perfect!
- **Fair**, it feels okay, but I wish it was different!
- **Not yet**, I don't enjoy the texture, it will take some time to like this.

**Taste:** Circle 1 option

- **Excellent**, it tastes amazing!
- **Good**, it tastes nice!
- **Fair**, it's okay but I've had nicer!
- **Not yet**, I don't enjoy the taste of this food yet, but I may someday

**Any comments on this food?**

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# TRYING HIGH FIBRE FOODS

## Instructions

Today we are going to try some different foods that are high in fibre! Remember that high fibre foods can help support a healthy digestive system (especially in helping to feed the 'good' bacteria in you small and large intestine). Please fill out the table below with the name of the food, tick whether you tried the food, what the food tasted like and what meals you might find this food in!

Name of the food	Did you try it?	What did the food taste like?	What meals could this food be in or added into?