

The Welcome Lab

Can we explore
food using all
our senses?



Welcome to Food Labs



We're food scientists.

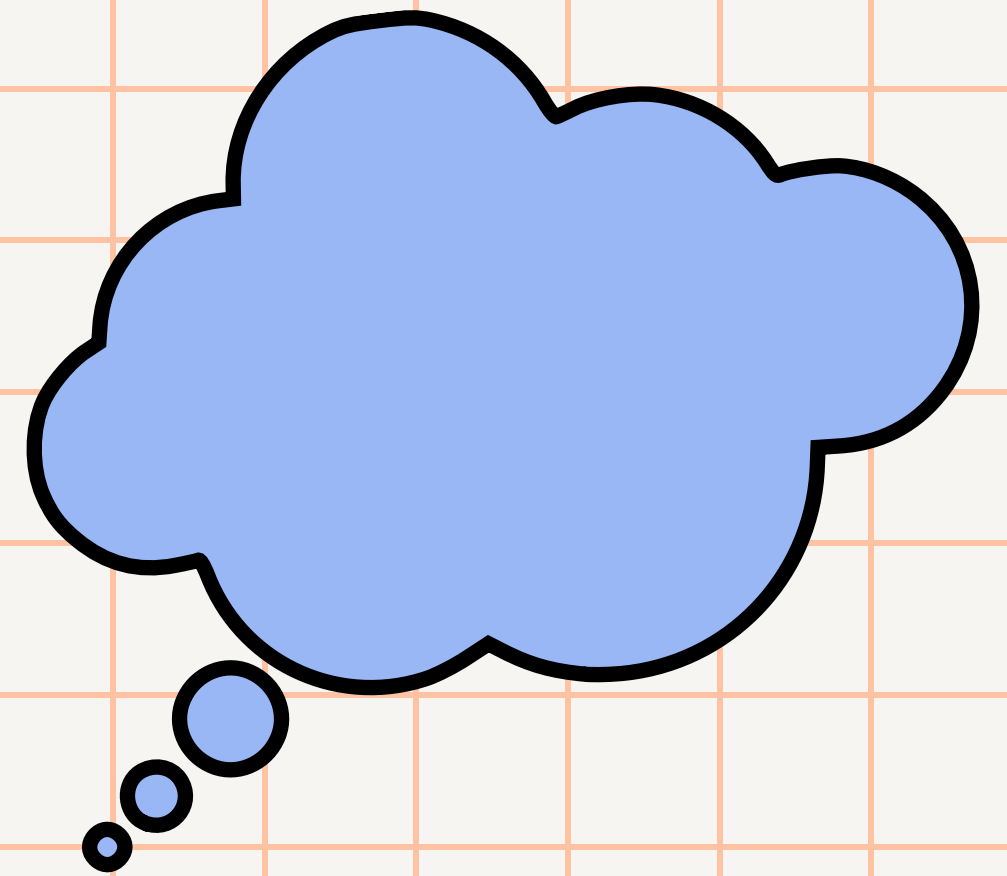
Today's experiment: Can we explore food using all our senses?

We'll:

- Test our ideas
- Take part without pressure



**You decide
what you explore.**



Predict + Prepare



Make a prediction

Look at the fruit on the table and choose:

1. a fruit you already know
2. a fruit that feels new or unfamiliar

1

Pick two words to describe your familiar fruit.

There are no right answers — scientists notice different things.

2

Look closely at your new fruit.

What do you think it might:

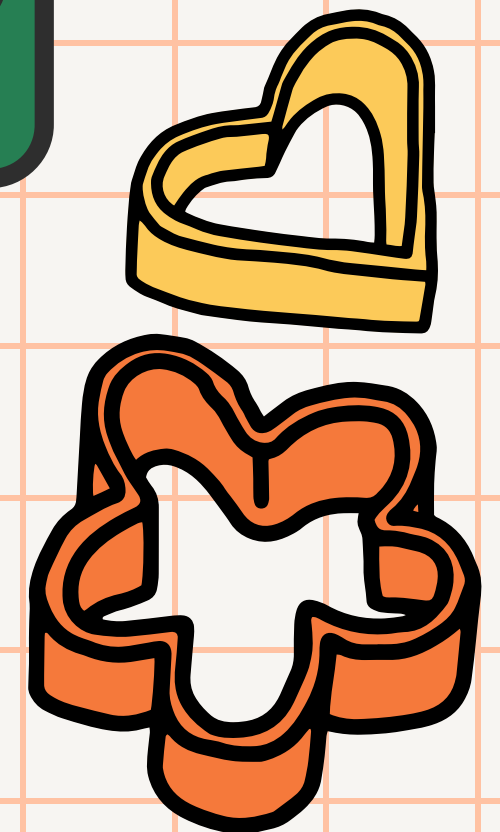
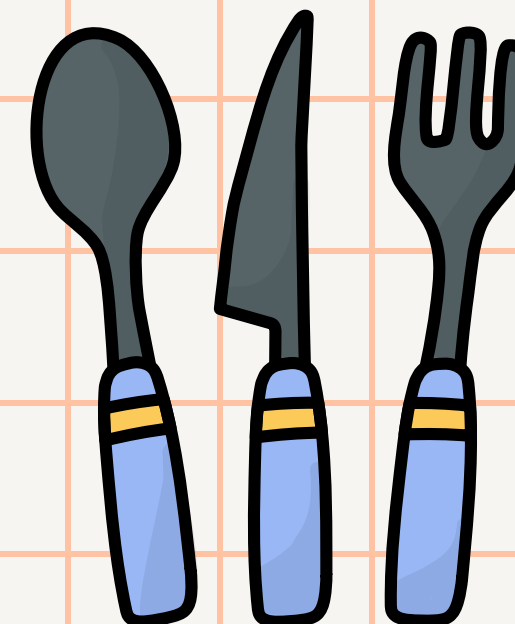
- Look like inside?
- Feel like?
- Smell like?
- Taste like?

3



Set up your lab

- ☐ Wash hands
- ☐ Make sure you have your tools
- ☐ Remember: cut away from yourself
- ☐ Ask a grown-up for help if unsure
- ★ **Safety is a part of good science**





Test + Tinker



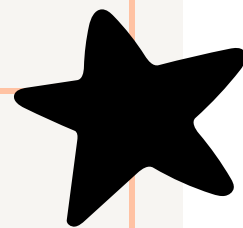
Senses challenge



Explore fruit one sense at a time:

Look → Touch → Smell → Kiss → Lick
→ Taste (if you want)

Which sense gives you the biggest clue?

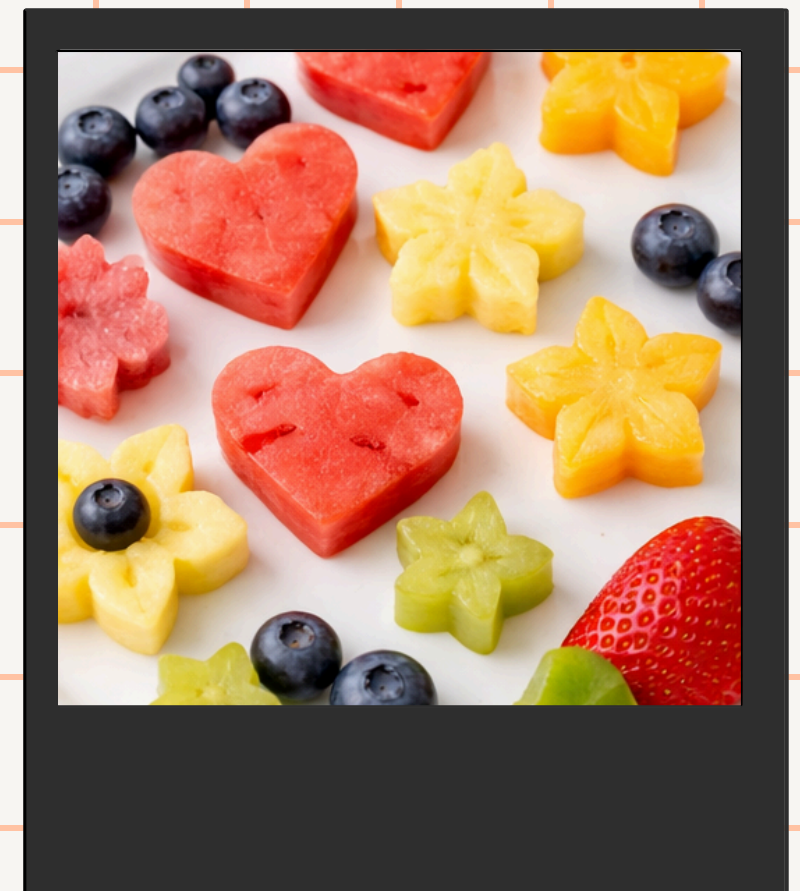
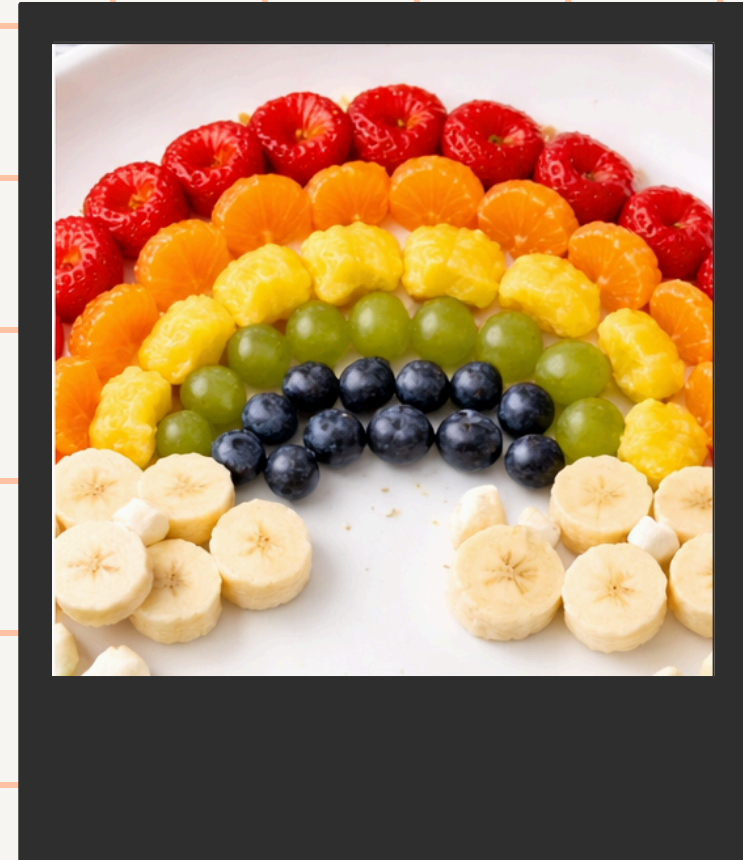


You don't have to use every sense to take part.

Shape-shifting

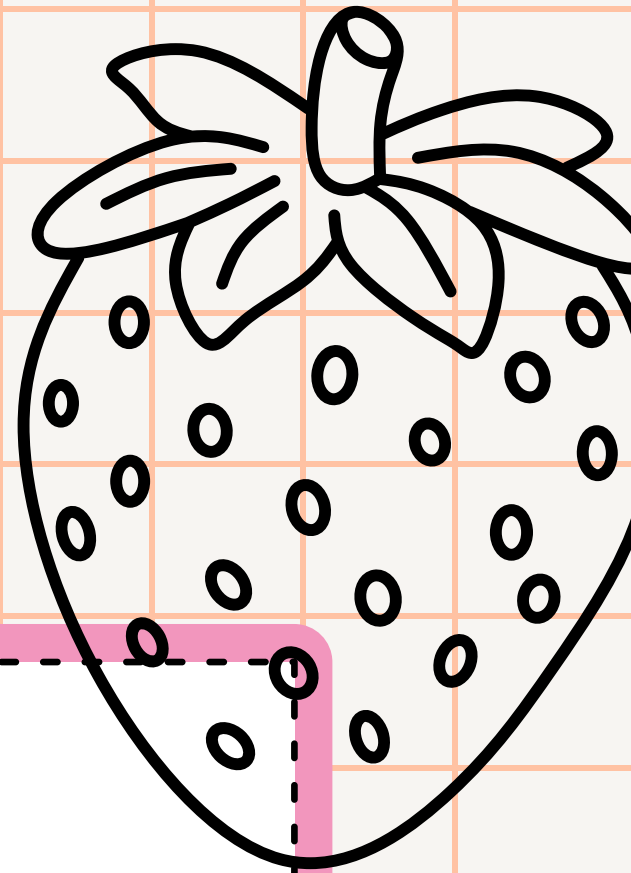
Change the fruit's shape:

- use cutters or hands
- slice, stack or keep it whole
- build a pattern or picture



Strawberry heat test

What happens
when you heat
a strawberry?



Let's investigate:

1. Heat it
2. Watch closely
3. What do you notice?



The Big Experiment



Your ideal sundae

Decide for yourself what to add:

- fruit or fruit purée
- yoghurt or dairy-free alternative
- optional extras (seeds, cereal, chocolate pieces)

Get creative with layers, colours or patterns. There's no right or wrong.



Let's eat together

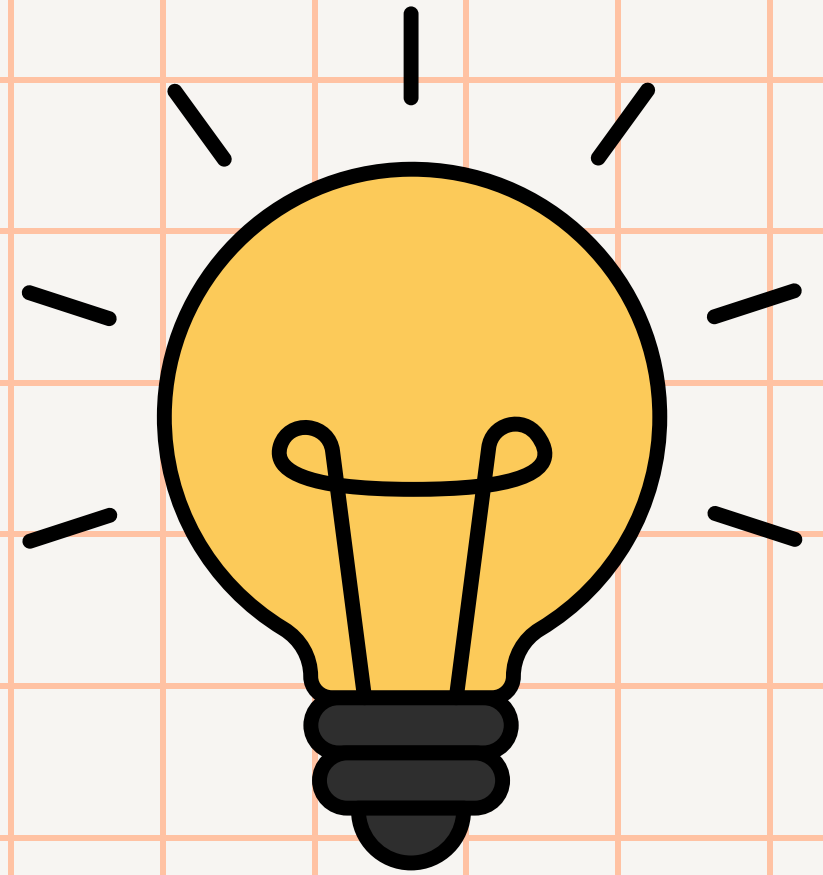
Sit together and take a moment to look at everyone's sundaes. Notice:

- the different choices
- the colours, shapes and textures

Eat if you want. Stop if you want.



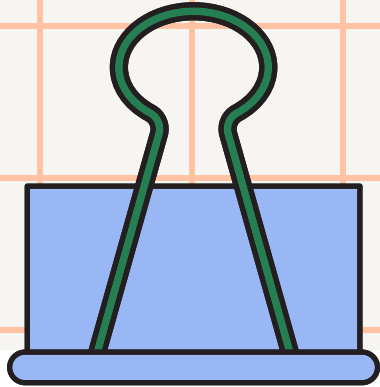
As you eat together, talk about:
Texture · Smell · Temperature · Colour



Results + Reflection



What did you discover?

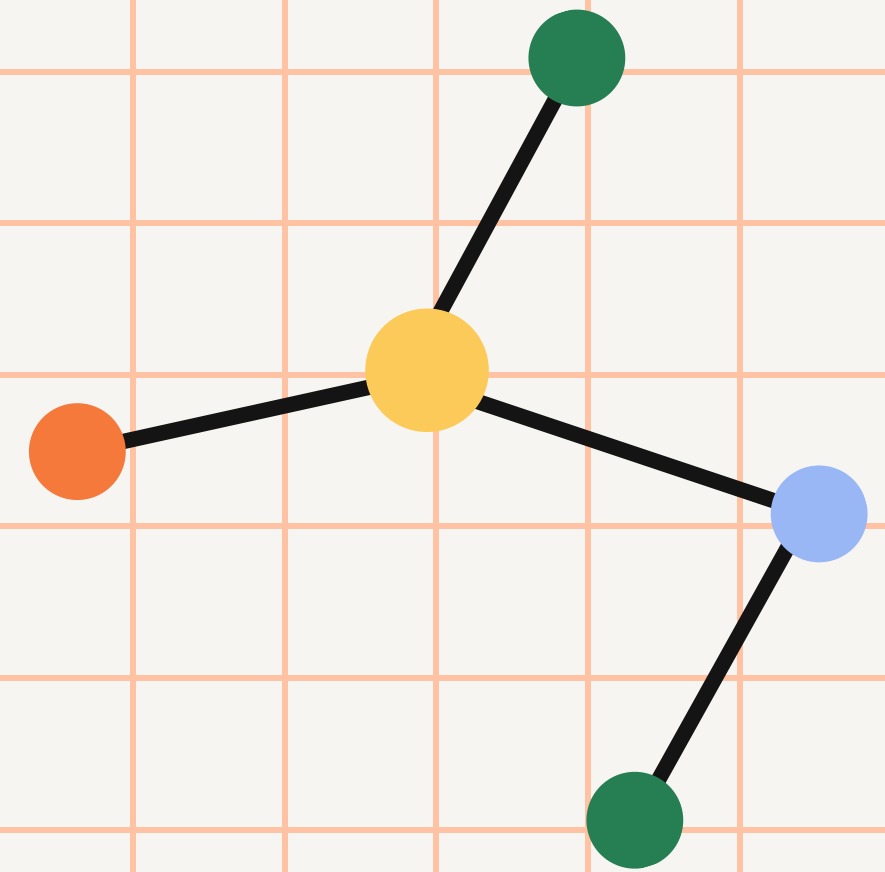


Think about:

- Was your prediction right?
- Which fruit surprised you?
- Did different people notice different things?



We all explored food with our different senses!



Home Experiment

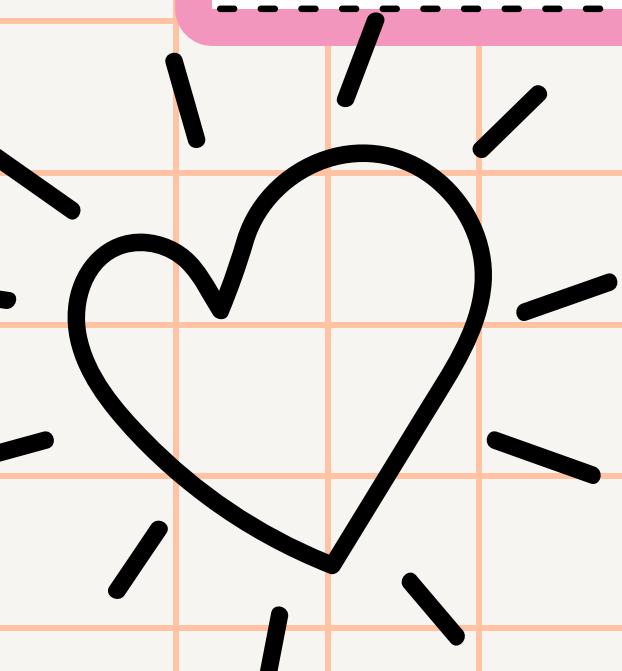


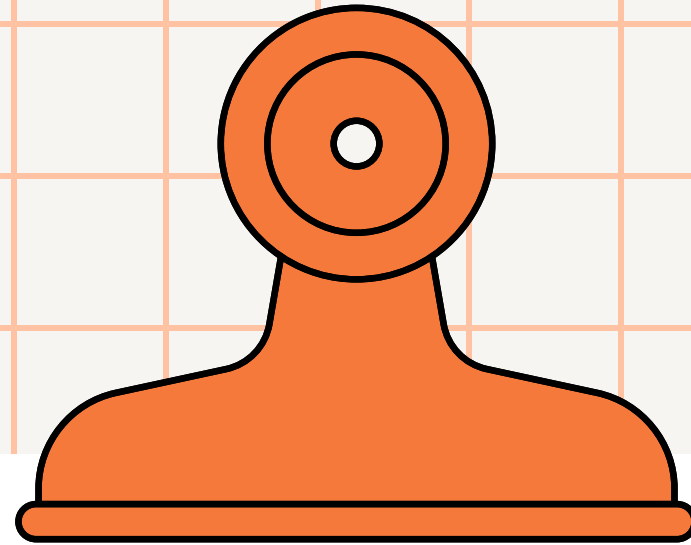
Sharing is caring

Use any leftover fruit to make skewers to take home.
Store them in the fridge or freezer.



During the week, choose a moment to enjoy them together.





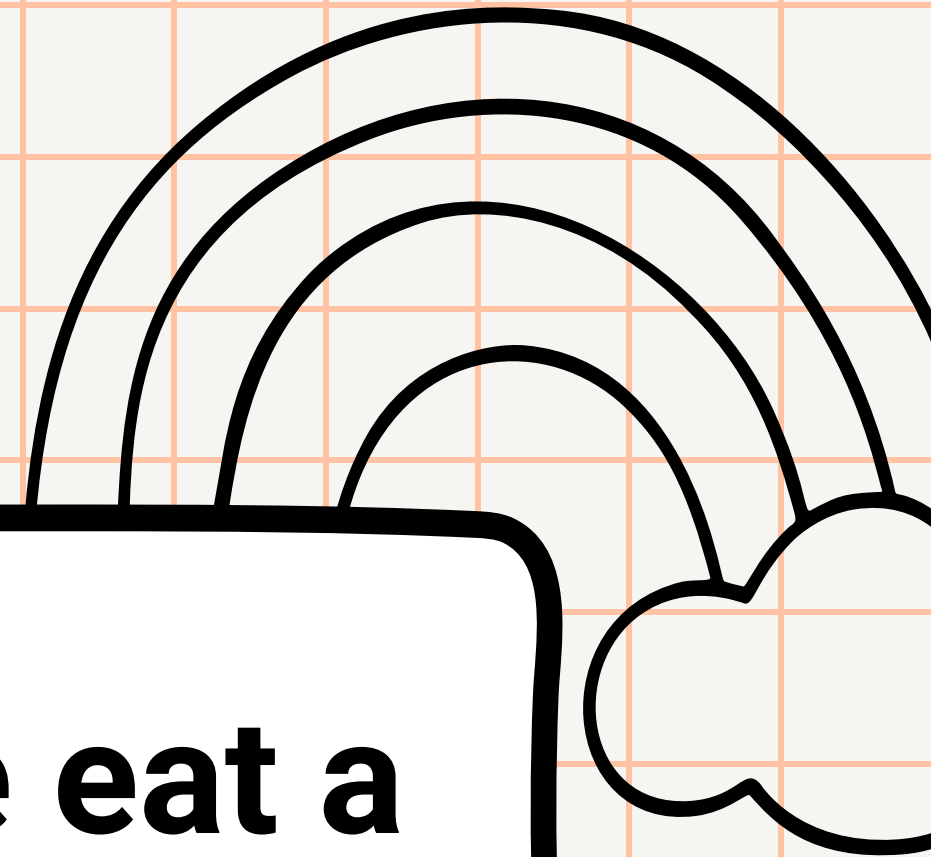
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Hampshire
County Council

The Colour Lab

Can we eat a
rainbow?



Welcome to Food Labs



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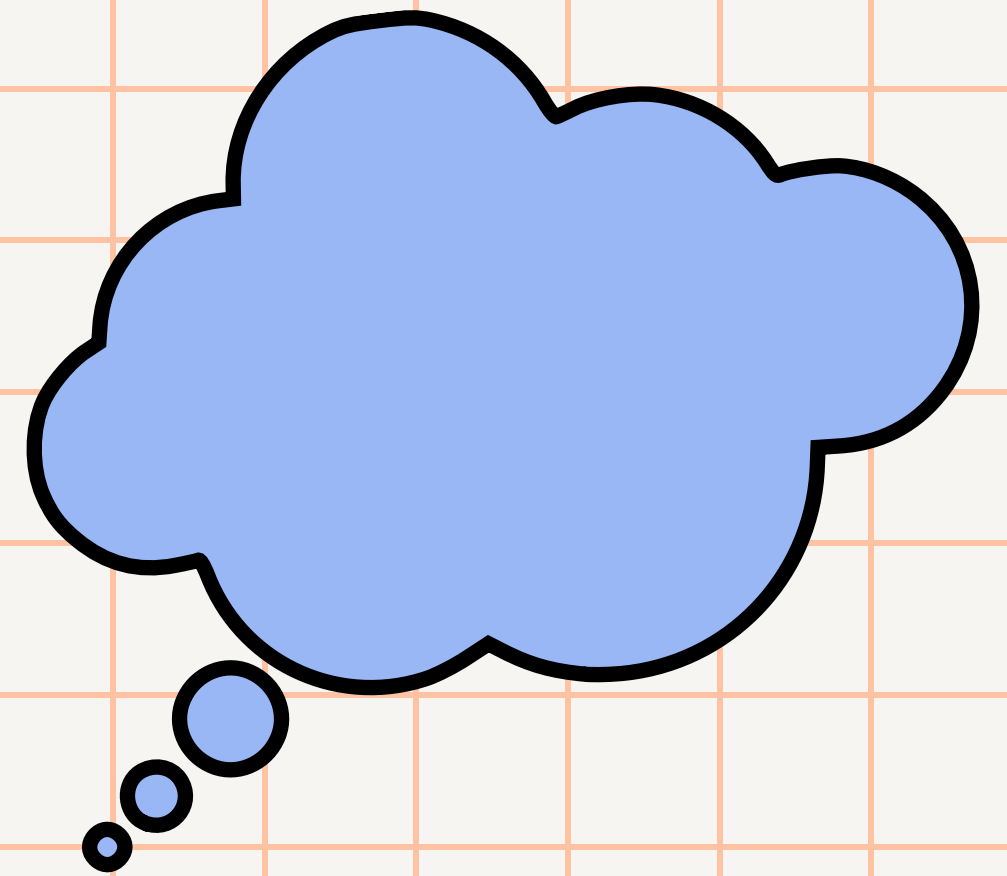
Today's experiment: Can we eat a rainbow?

We'll:

- Explore food using our senses
- Test our ideas
- Take part without pressure



**You decide
what you explore.**



Predict + Prepare



Imagine a rainbow

- 
- 
- What foods can you name for each colour?

 - Which colours do you eat most?

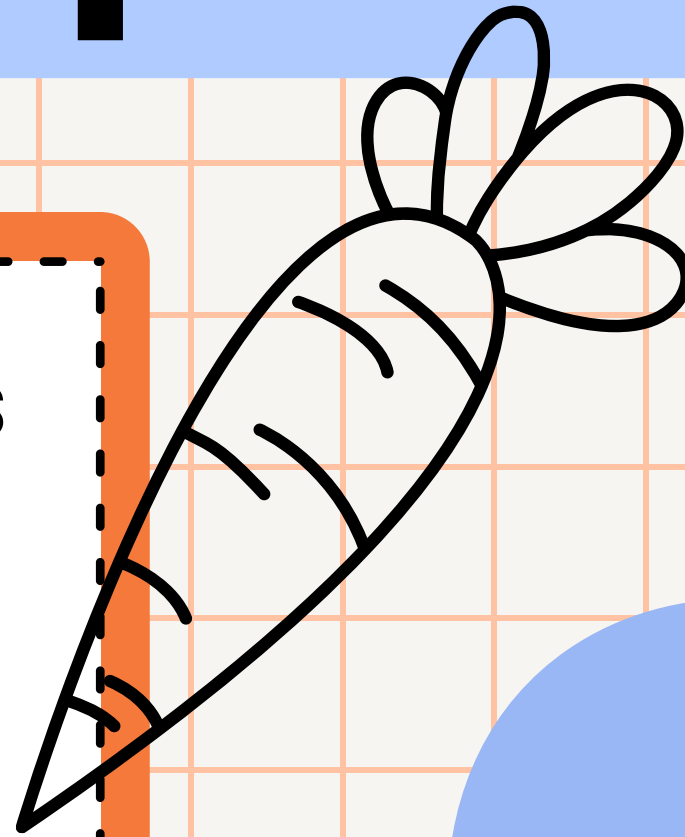
 - Are there any colours you rarely eat?



Make a prediction

**Look at the vegetables
on the table.**

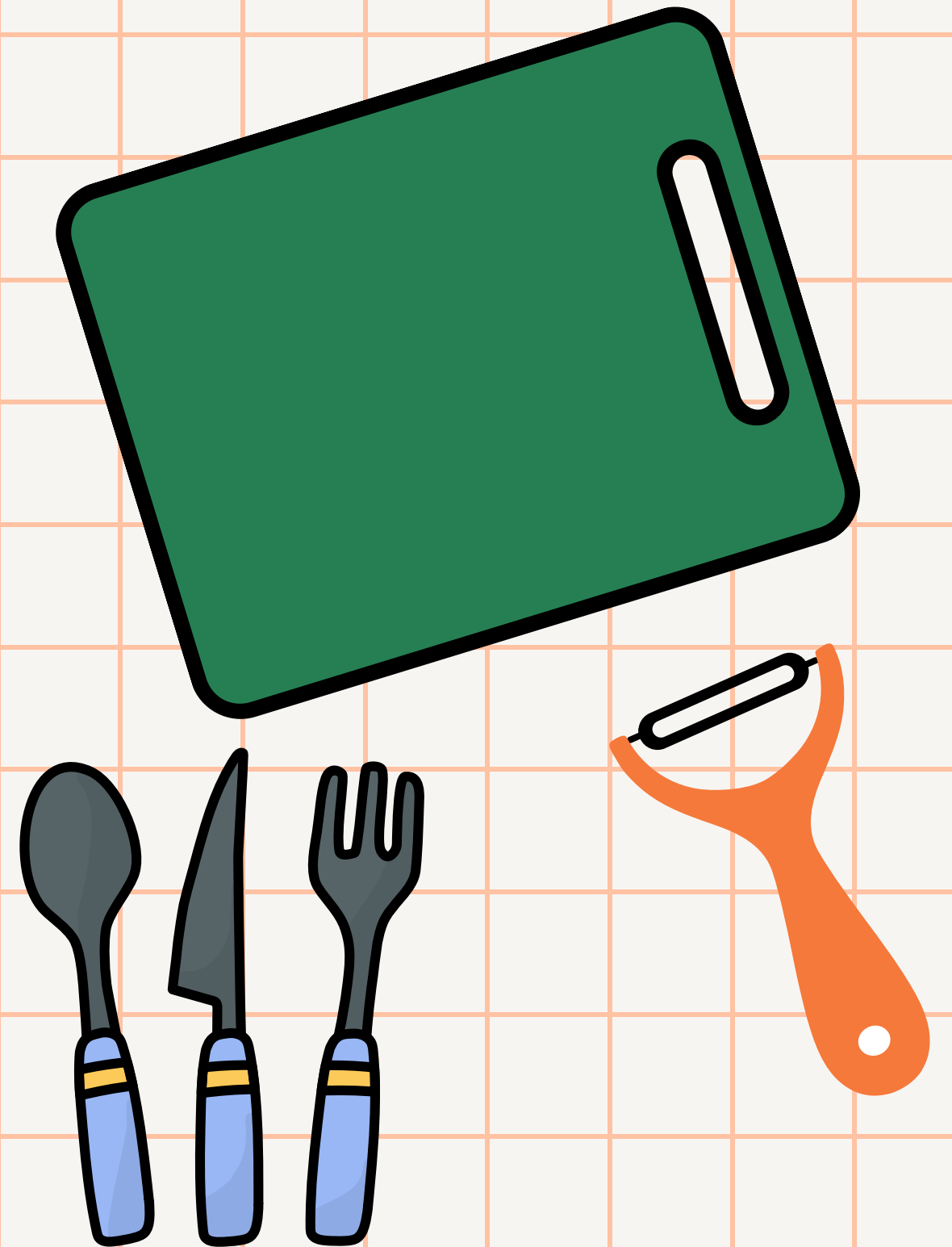
Which colour do you
think you'll enjoy
exploring most today?



**You can change your mind later
– scientists do.**

Set up your lab

- ☐ Wash hands
- ☐ Make sure you have your tools
- ☐ Remember: cut away from yourself
- ☐ Ask a grown-up for help if unsure
- ★ **Safety is a part of good science**





Test + Tinker



Pick your experiment

Peel & Play

1

- Use peelers to make vegetable curls.
- Build a pattern or picture on your tray.
- Notice how the peels feel and move.



Edible Paints

2

- Mash vegetables to make paints.
- Use spoons or fingers to paint your tray.
- See what happens when colours combine.



veggies

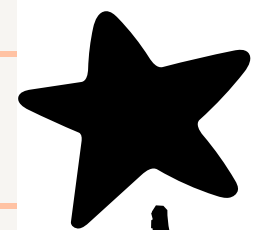
Guess the colour



Same vegetable, different colours.

Can you work out which is which
using your senses?

Explore using touch, smell and taste.



What helped you most?





The Big Experiment



Our rainbow picnic

Work together to build a shared picnic table.

- Choose vegetables you're interested in preparing for the group.
- Decide how to prepare and present them.
- See how many colours you can include.



Can you guess the colour inside before cutting?



Let's eat together

Mini scientists — you're in charge!

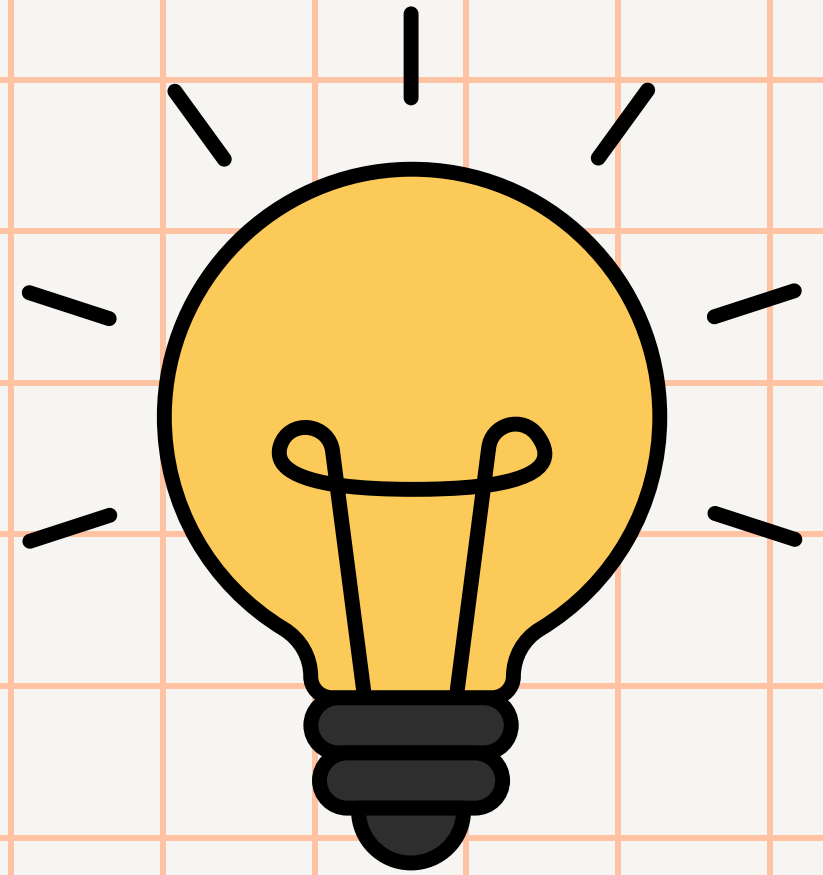
- Make one plate for you
- Make one plate for your grown-up

How many colours can you include?

Grown-up scientists:
Follow their lead.



As you eat together, talk about:
Crunch · Juiciness · Smell · Colour



Results + Reflection



What did you discover?



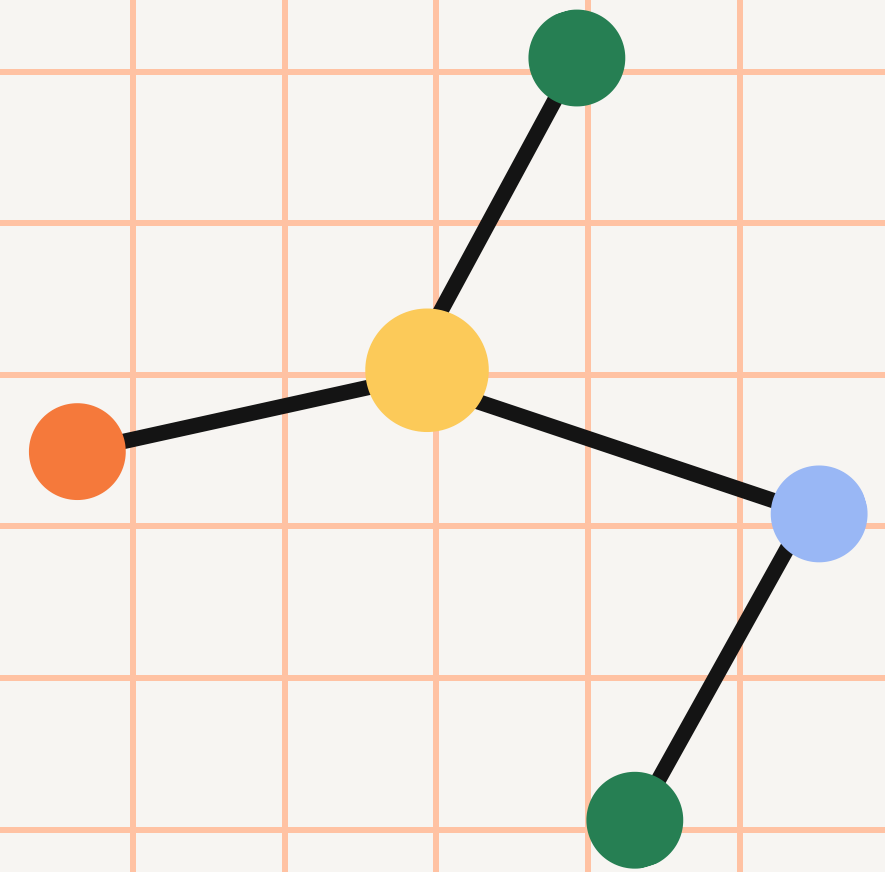
Think about:

- Which colour surprised you?
- Did your prediction match?
- Did different people enjoy different colours?



Yes, we can eat a rainbow!

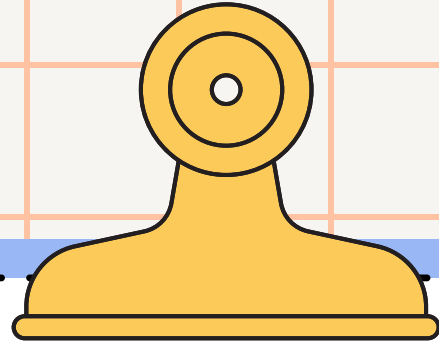




Home Experiment



Fridge forensics



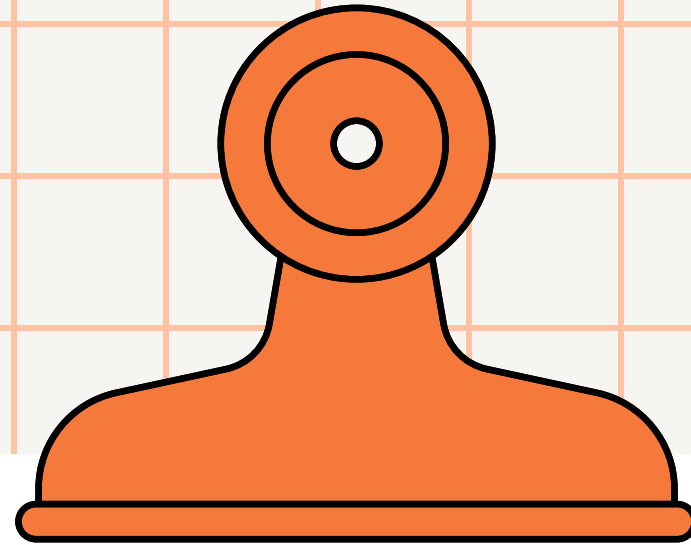
What could be:

- Taken home?
- Reused later?
- Frozen?



As a family, plan together how you'll use the foods you're taking home.





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The Texture Lab

Can food
change how it
feels?



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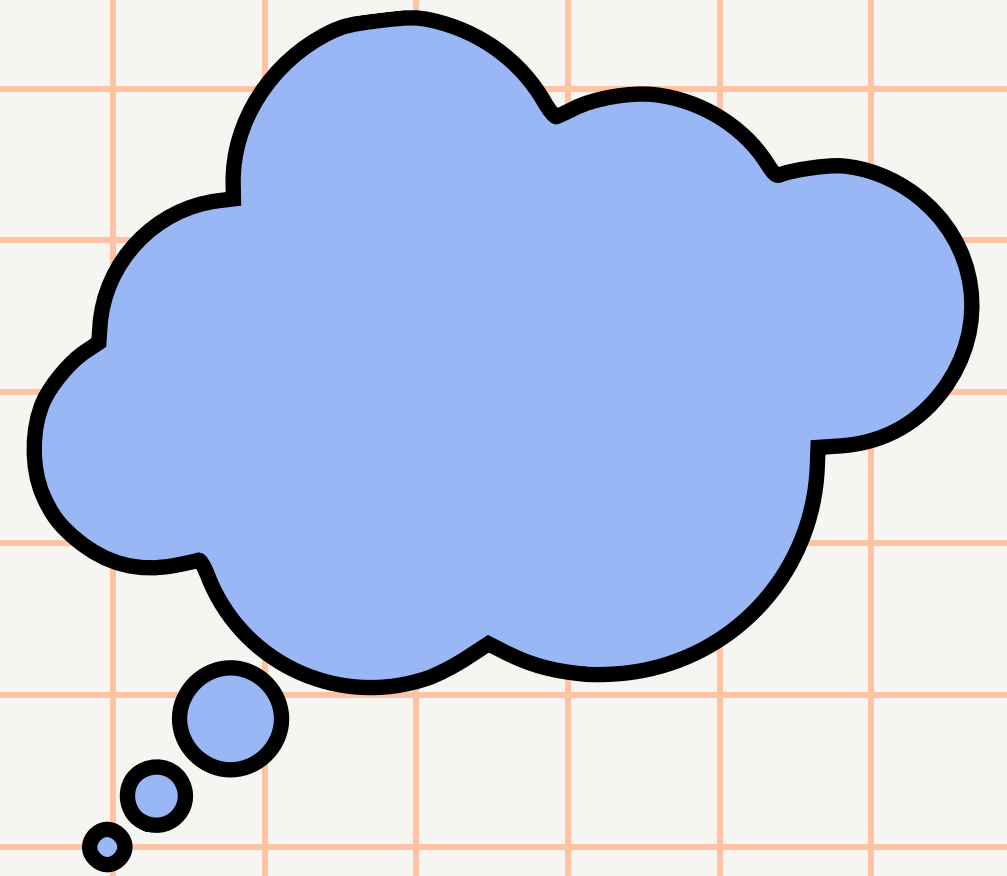
Today's experiment: Can food change how it feels?

We'll:

- Explore food using our senses
- Test our ideas
- Take part without pressure



**You decide
what you explore.**



Predict + Prepare



Spot the difference

Which do you prefer:

- Mashed potato or chips?
- Crunchy or smooth peanut butter?
- Raw or cooked carrot?
- Bread or toast?
- Maltesers or Cadbury Milk chocolate?

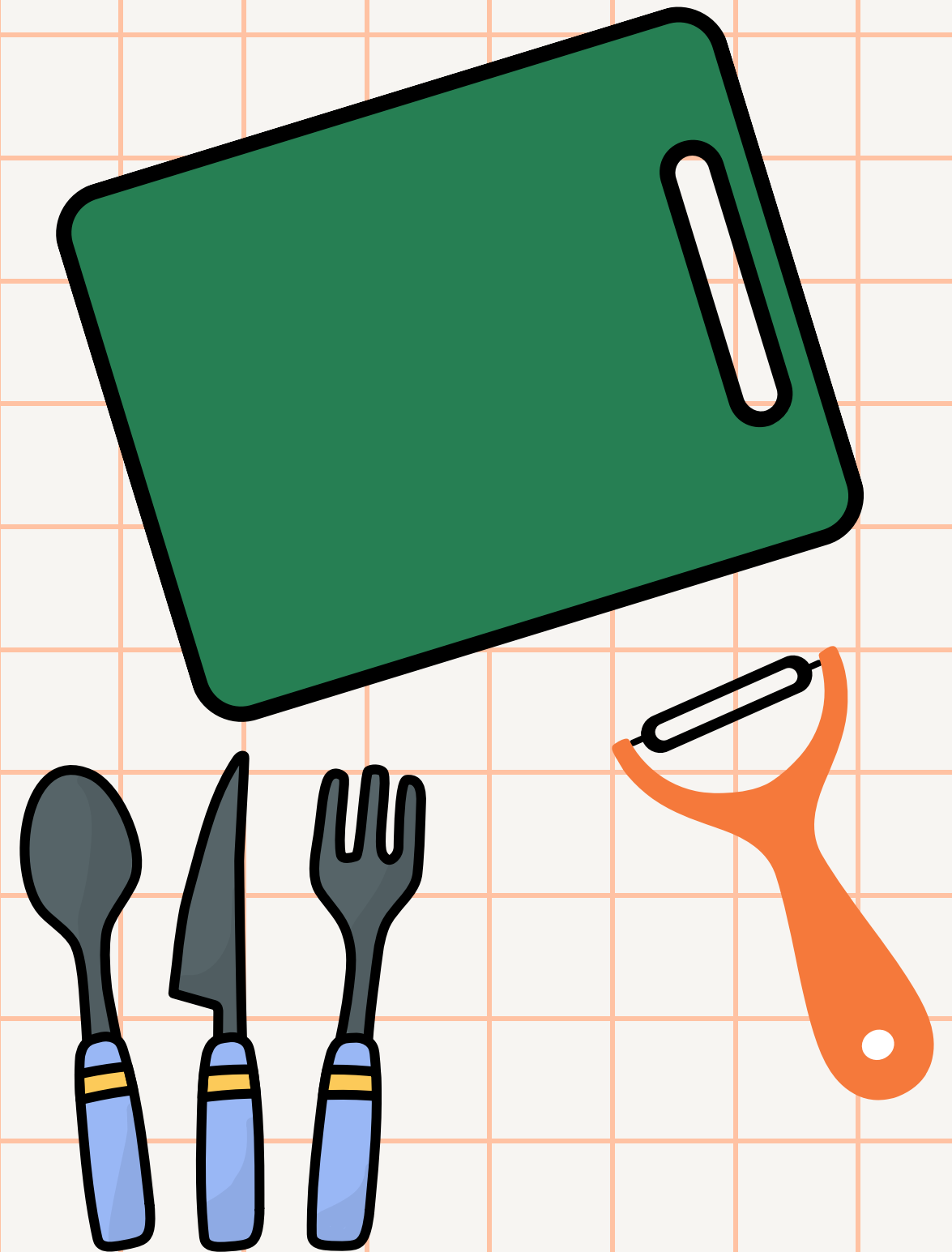
What's different about them?



Texture is how food feels.

Set up your lab

- ☐ Wash hands
- ☐ Make sure you have your tools
- ☐ Remember: cut away from yourself
- ☐ Ask a grown-up for help if unsure
- ★ **Safety is a part of good science**



Make a prediction

**What links
these
foods?**

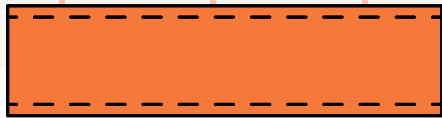




Test + Tinker



Mystery object



What item do you think it is?

Reach in and feel — don't look.

What do you notice:

- Soft or hard?
- Smooth or bumpy?
- Light or heavy?



Scientists use touch to investigate.

Mystery food

What food do you think it is?

Use your senses — but don't look yet.

What do you notice:

- Tap it — is it loud or quiet?
- Sniff it — strong or mild?
- Squeeze it — hard or soft?



Mixing it up

1

Choose two textures.

soft + hard

smooth +
crunchy

wet + dry

2

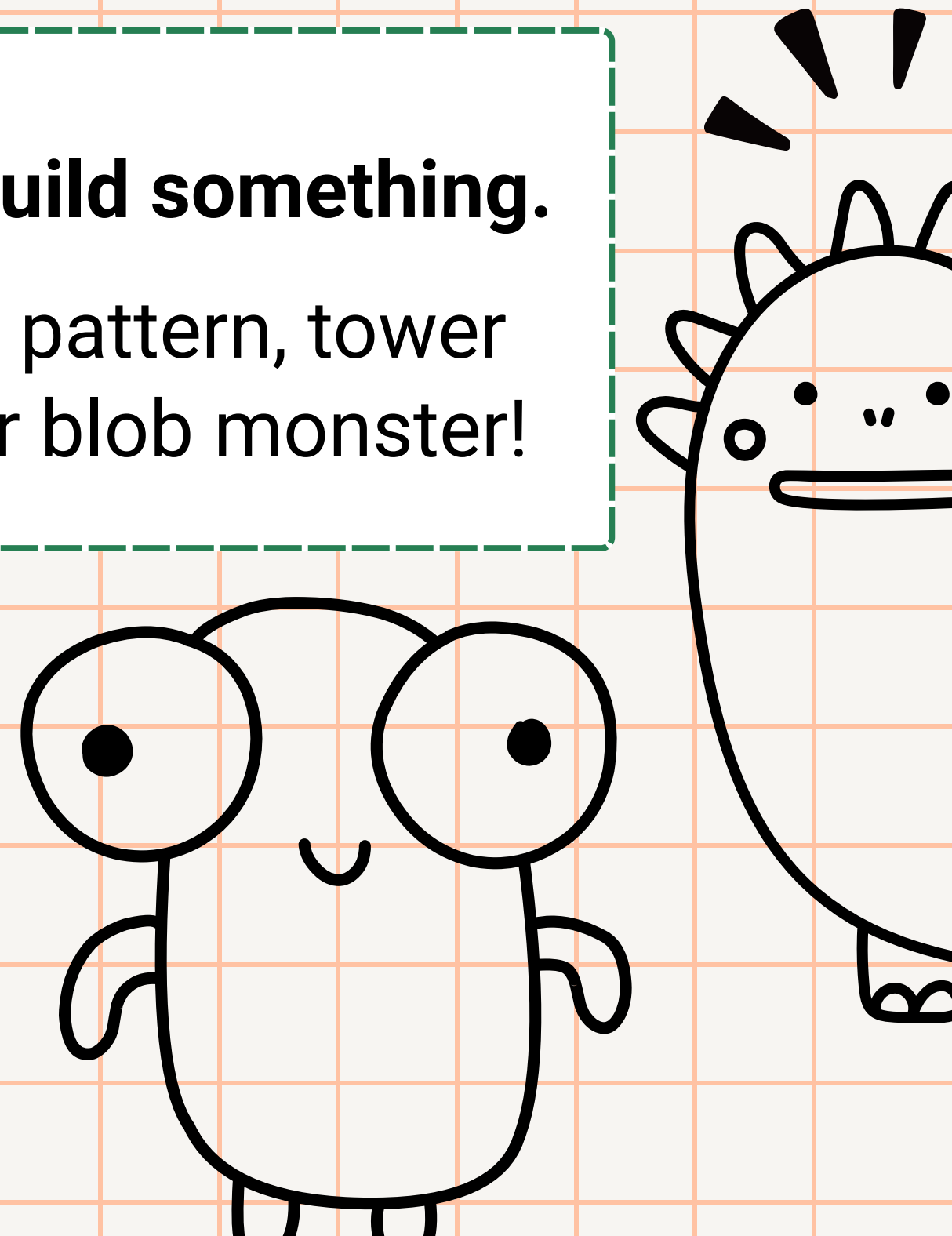
Mix them together.

What do you notice?

3

Build something.

A pattern, tower or blob monster!





The Big Experiment



Explosion experiment



What happens
when we heat
this food?



Let's investigate:

1. Put it in a pan and cover it with a lid.
2. Use your senses. What changes?
 - What can you hear?
 - What can you smell?
 - How does the texture change?

Build your texture mix

1

Start with popcorn.

2

Add new textures:

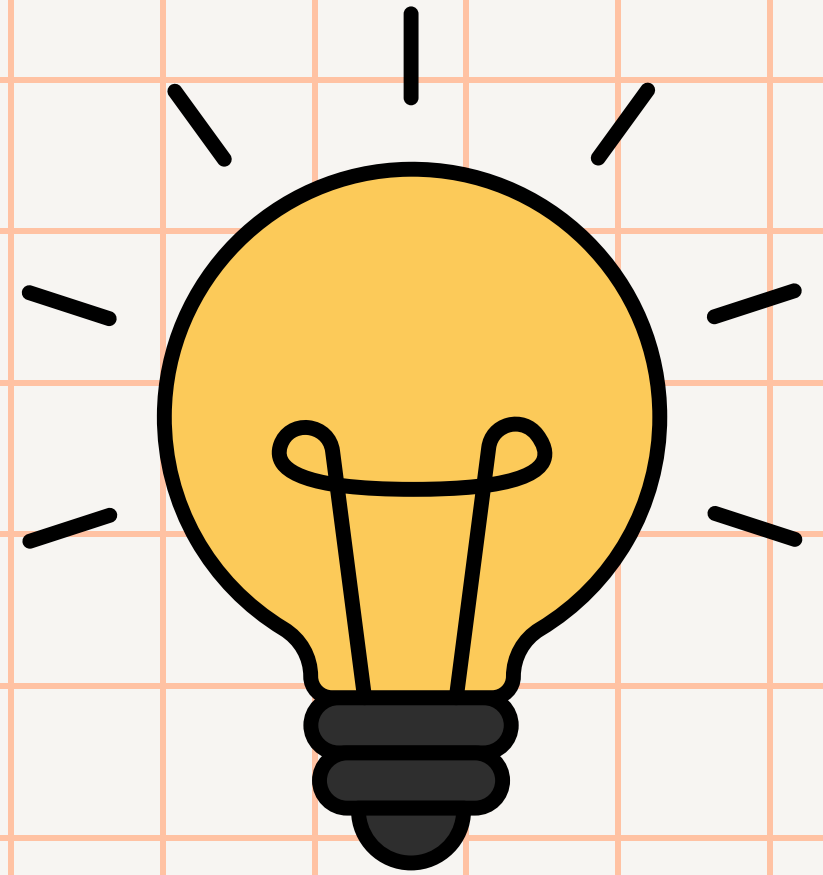
- Crunchy
- Chewy
- Soft
- Sticky

3

Mix, explore and name your own creation.



Scientists create, test and refine.



Results + Reflection



What did you discover?

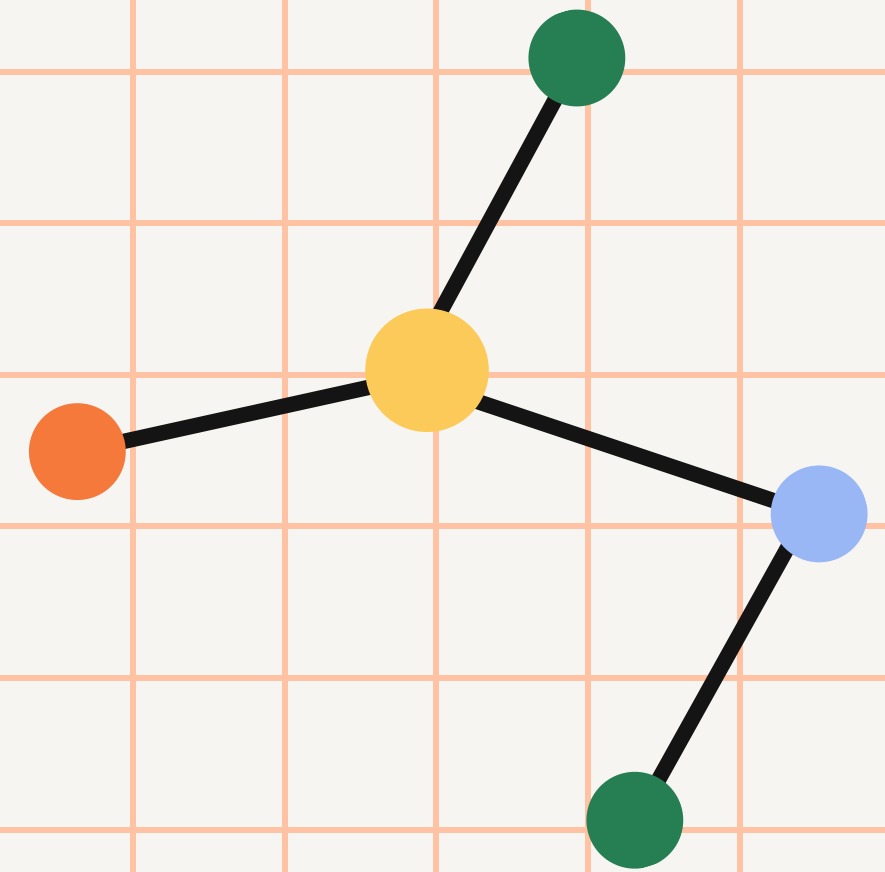


Think about:

- Think back... what linked those foods?
- Which texture today surprised you?
- Which texture did you enjoy most?



Yes, food can change how it feels!



Home Experiment

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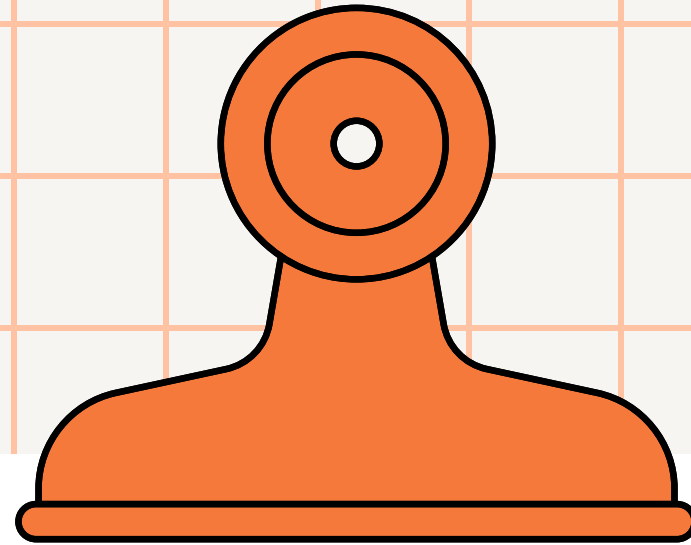
# Keep exploring

**Eat together this week and notice texture.**

Try asking:

- What does it feel like in your mouth?
- Is it crunchy, smooth, soft or chewy?
- Does it change as you eat?
- Could we change the texture somehow?





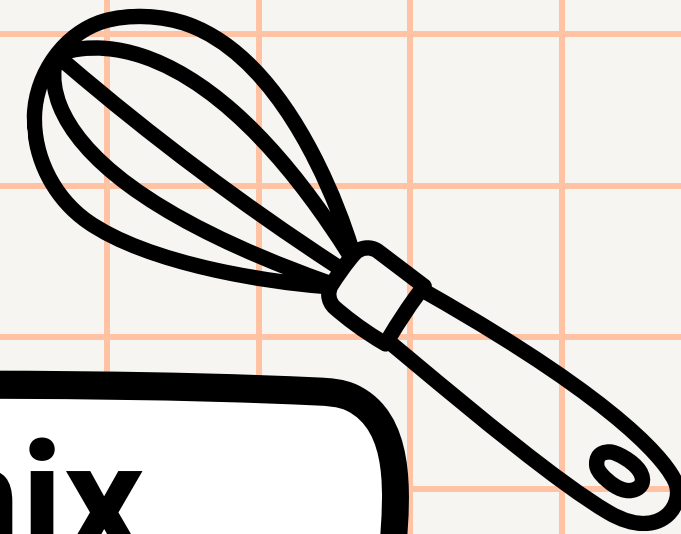
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# The Mix-it Lab

Can we mix  
foods to create  
something  
new?





# Welcome to Food Labs



**We're food scientists.**

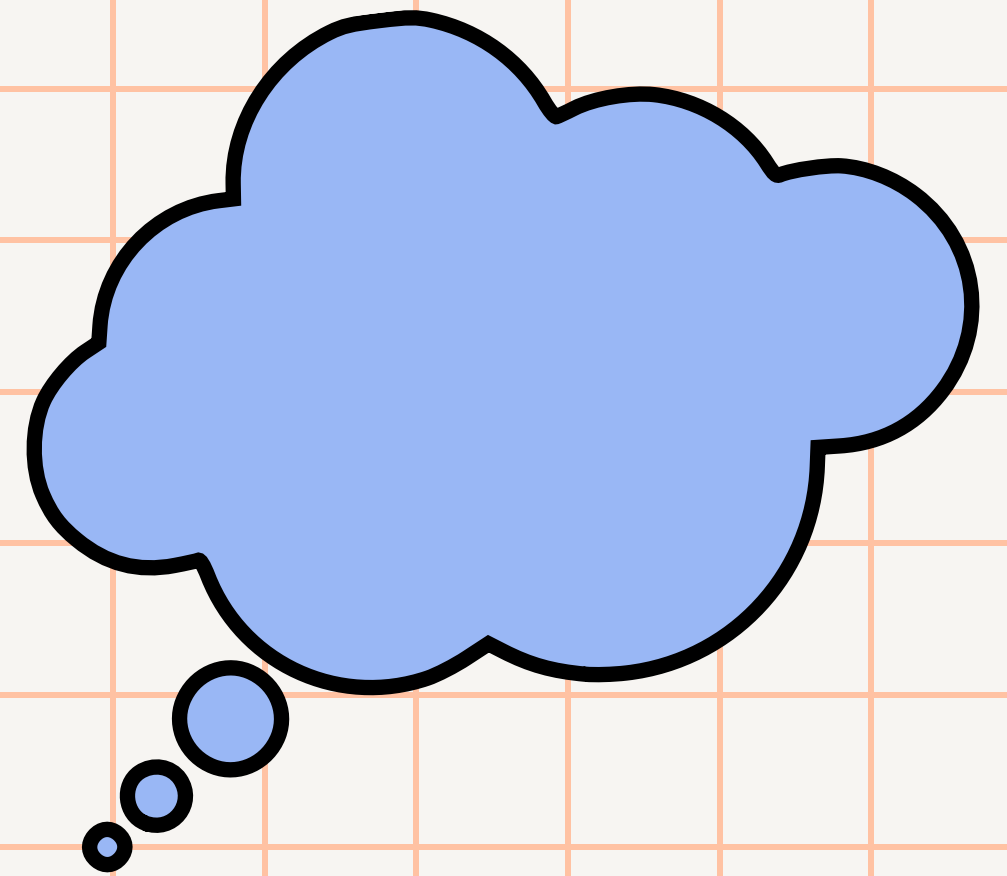
**Today's experiment:** Can we mix foods to create something new?

**We'll:**

- Explore food using our senses
- Test our ideas
- Take part without pressure



**You decide  
what you explore.**



**Predict + Prepare**



# Think like scientists

**What happens when we mix foods?**

Think about foods you know:

- Cereal + milk
- Chips + dip
- Yogurt + fruit
- Rice + sauce

★ What changes when they're mixed?

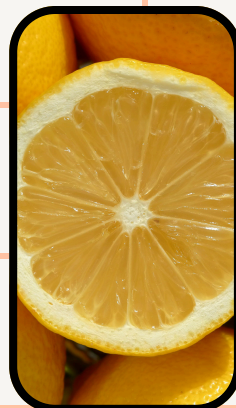


**Scientists start with what they know...  
then test new ideas.**

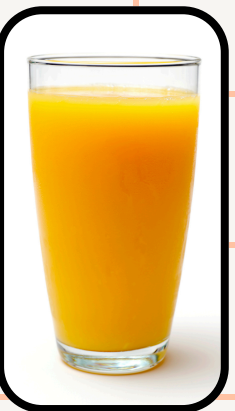


# Make a prediction

**Pick any two foods. What would happen if you mixed them?**  
What might change — colour, feel, smell or taste?



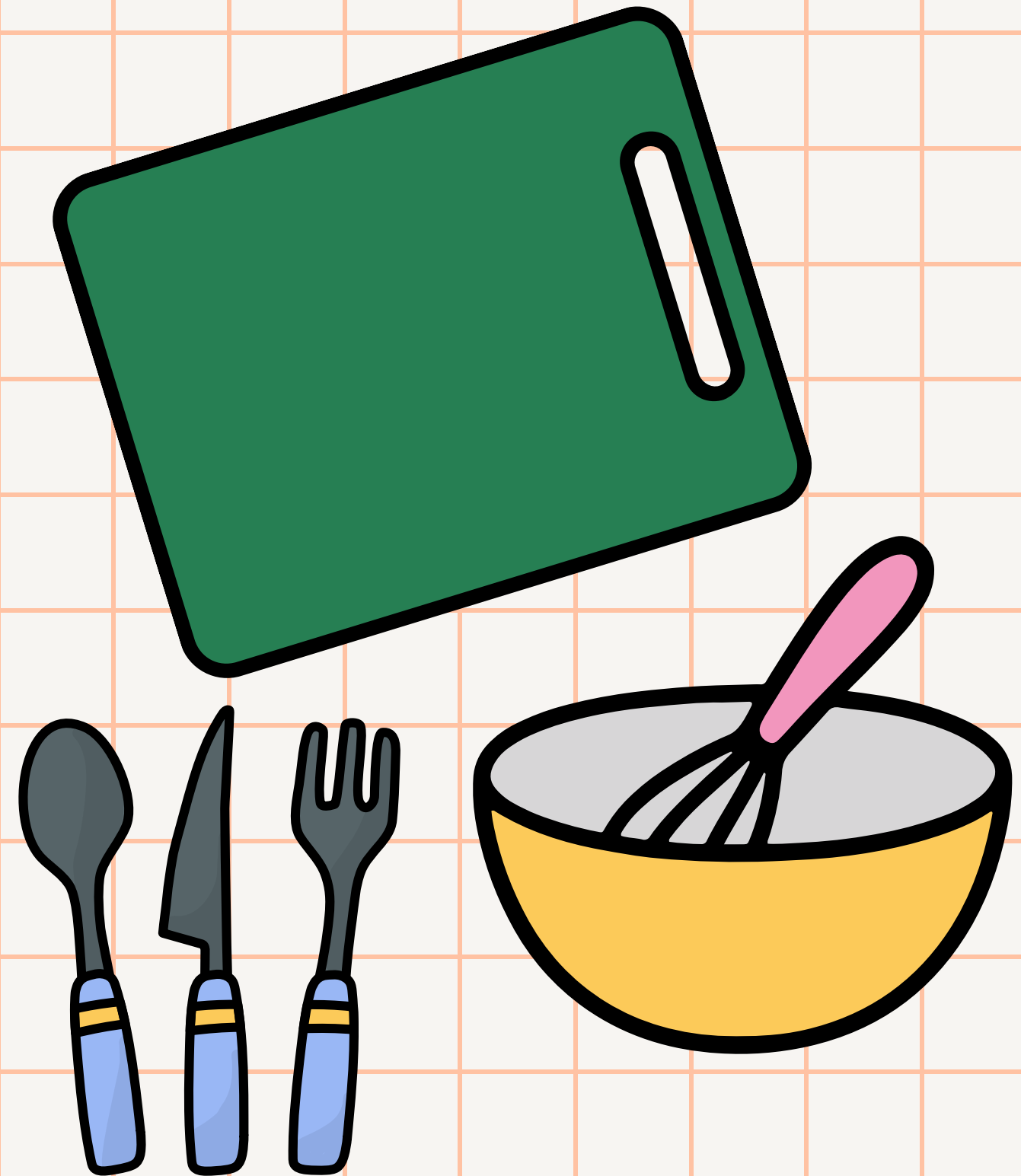
**Get  
creative —  
you don't  
have to eat  
it!**





# Set up your lab

- ☐ Wash hands
- ☐ Make sure you have your tools
- ☐ Remember: cut away from yourself
- ☐ Ask a grown-up for help if unsure
- ★ **Safety is a part of good science**







# Test + Tinker



# Messy mixing

1

## Explore:

- What does it feel like?
- What does it smell like?

2

## Mix:

- Choose your ingredients.
- Mix them.

3

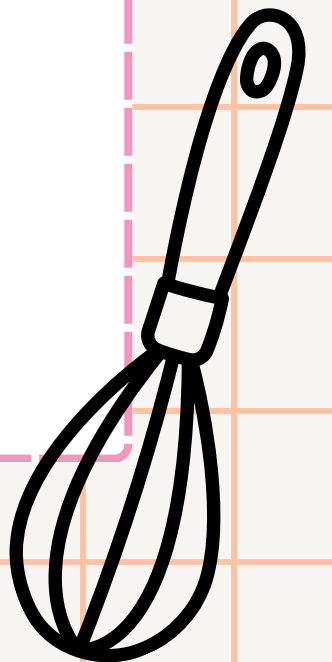
## Experiment:

- What changes when you mix them?
- Does it look, feel or smell different?

4

## Create

Make a pattern or picture.



# Dairy detectives

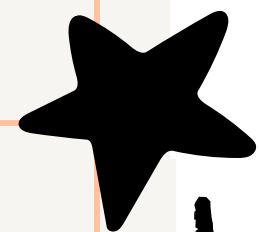


**Adult scientists – it's your time to shine!**

Explore samples of milk and a non-dairy alternatives.

Describe them using all your senses.

Can you correctly guess which is which?



**Mini scientists –  
you can help if you want!**

# Sugar surprise?

Measure out how much sugar you think is in a glass of:

1. Coca cola
2. J20
3. Ribena
4. Water
5. Monster energy drink



Can you guess what else is mixed in?





# The Big Experiment



# Super smoothies

1

## Choose:

1. A base (milk, yoghurt, dairy-free or water)
2. Ingredients to explore

2

## Mix:

Decide how much of each to add

3

## Notice:

- Colour
- Texture
- Taste



Before mixing, can you guess what colour it will be?

# Smoothie switch-up

1

**Split:**

Divide into three.

2

**Divide:**

Keep one the same and change the others.

Add something new: oats, carrot, spinach...

3

**Notice:**

What changes?

- Colour?
- Smell?
- Texture?



# Layer it up



**Layer your mixtures in a clear cup.**

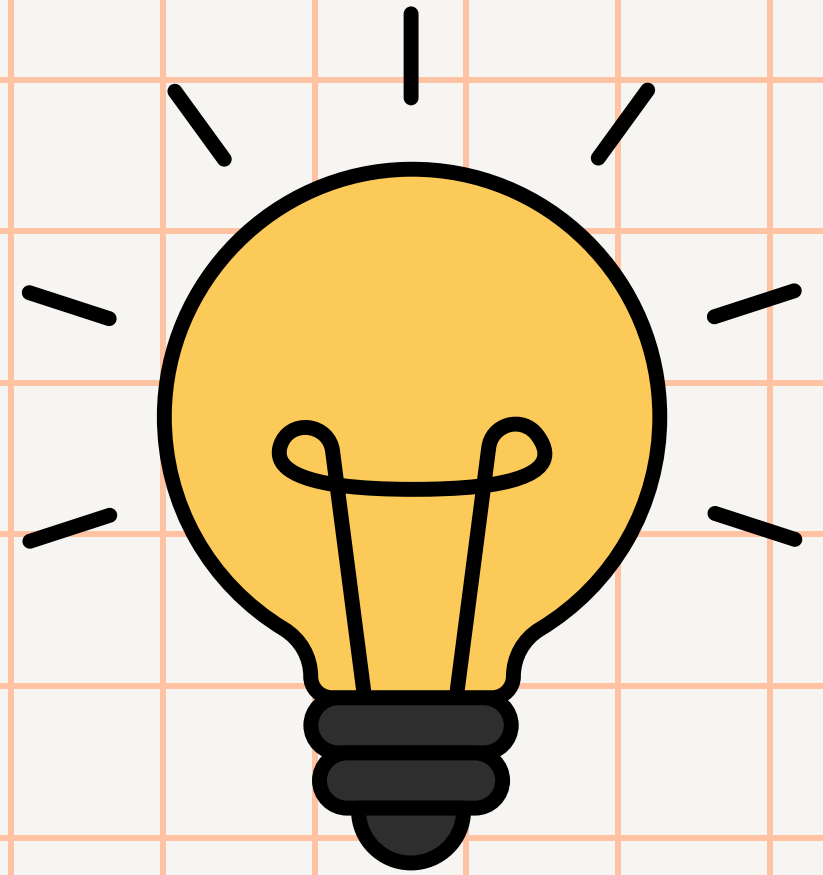
What happens?

- Which layers mix, and which stay separate?
- What floats or sinks?
- Do the colours change?



**Scientists notice patterns.**





**Results + Reflection**



# What did you discover?

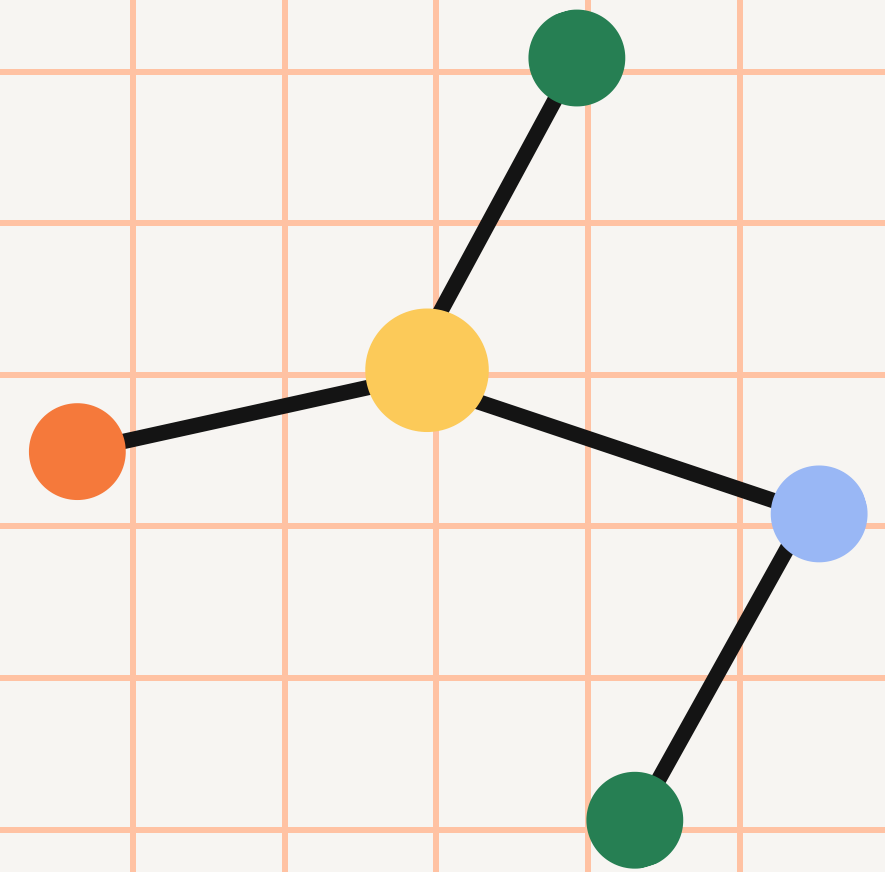


## Think about:

- Did your mix turn out how you expected?
- What changed most — colour, taste or texture?
- Did one small ingredient make a big difference?



**Yes, we can mix foods to create something new!**



# Home Experiment



# Mix-it mealtime

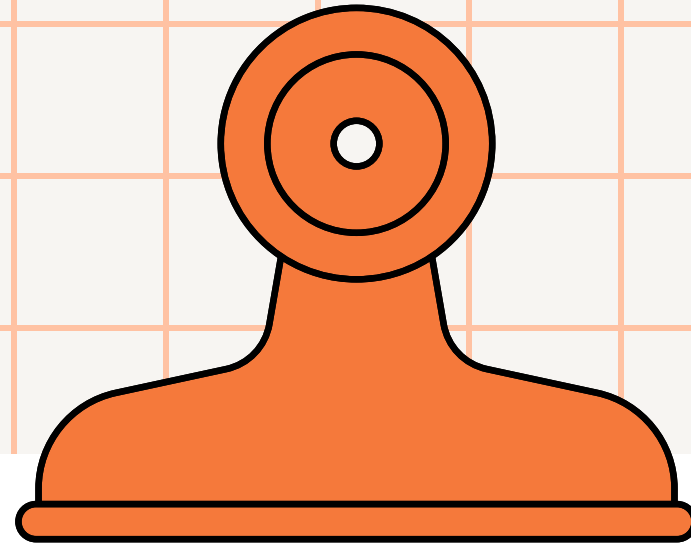
**Eat together this week and notice mixing.**

You could ask:

- What happens when we mix these foods?
- Does the feel, smell or taste change?
- Does one ingredient stand out?



**You don't need to try anything new — just notice what's already there.**



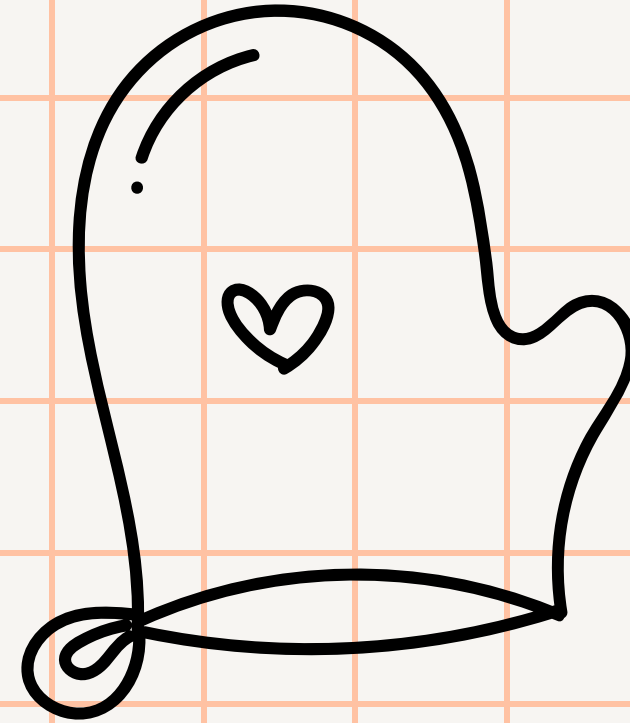
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# The Discovery Lab



Can we give a  
familiar food a  
makeover?



# Welcome to Food Labs



**We're food scientists.**

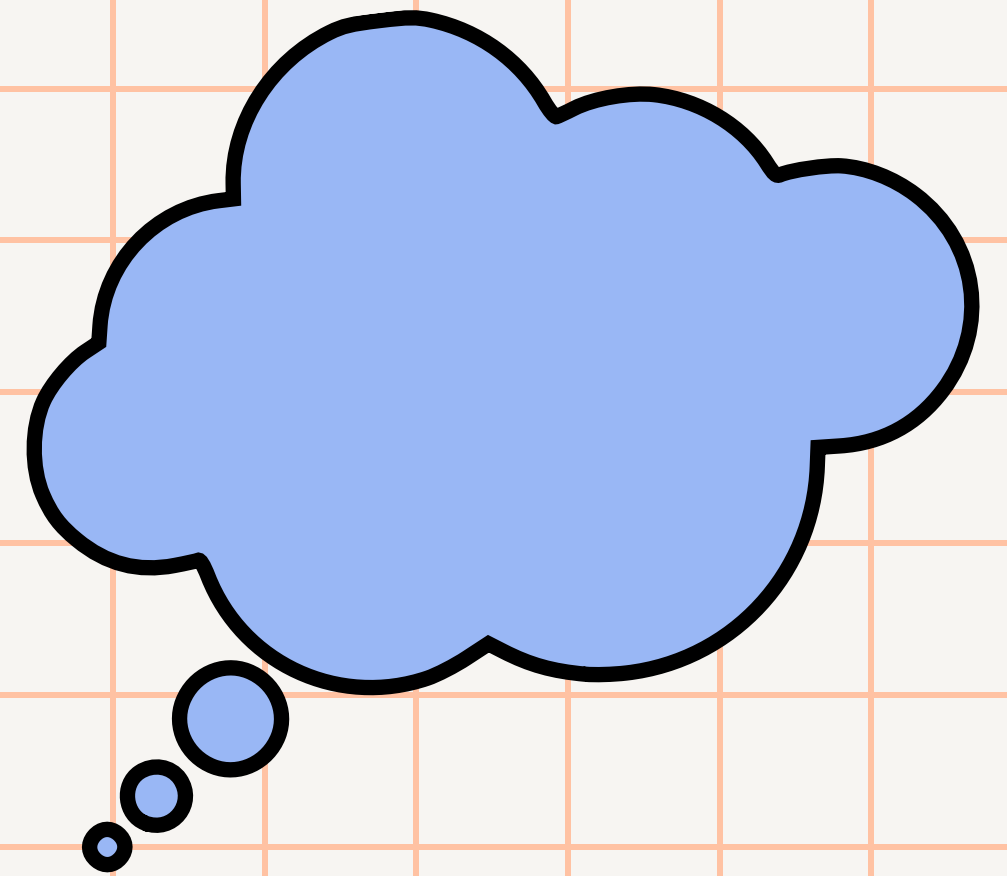
**Today's experiment:** Can we give a familiar food a makeover?

**We'll:**

- Explore food using our senses
- Test our ideas
- Take part without pressure



**You decide  
what you explore.**



**Predict + Prepare**



# Think like scientists

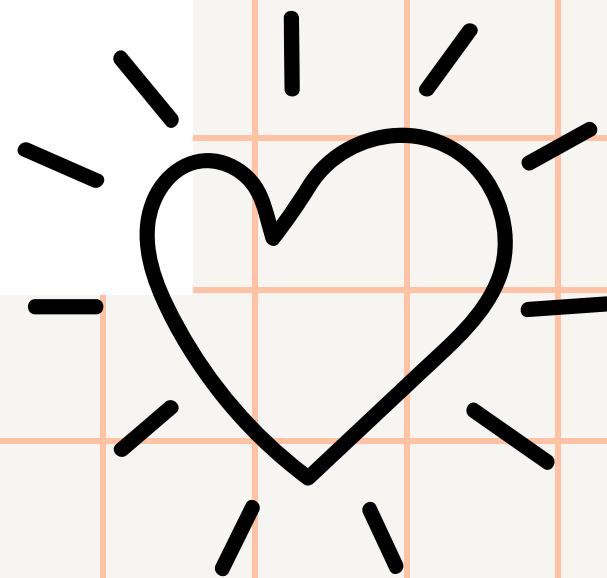
**First, think about what meals you and your family enjoy.**

Pizza · Pasta · Curry ·  
Sandwiches · Soup

What makes it a favourite?

**Now, think of a time you or your family tried a new food.**

What made you try it?



**Sometimes we try new foods by changing something we already like.**

# Make a prediction

1

**Choose:**

Think of the best pizza you've ever had.

2

**Add:**

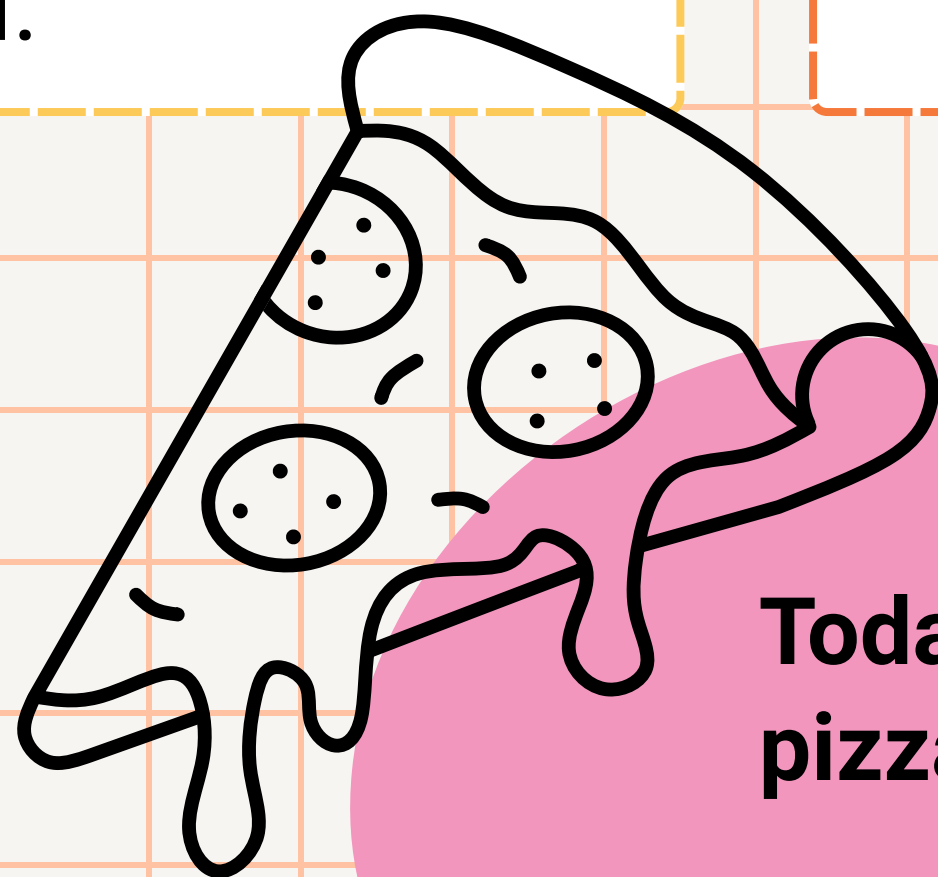
What's one thing you could change?

3

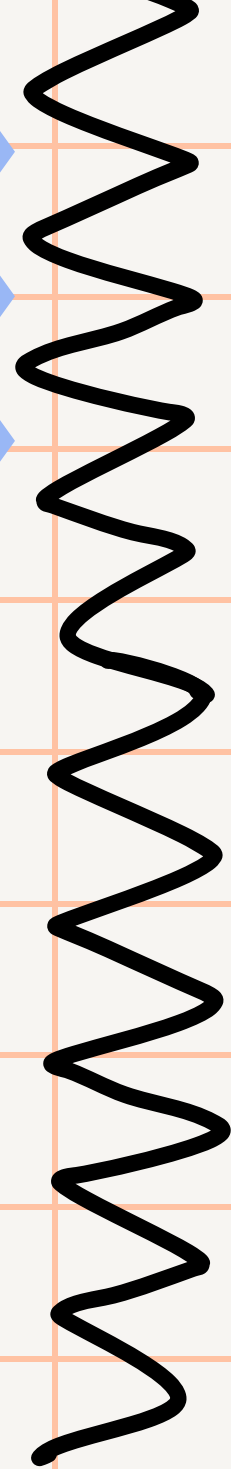
**Guess:**

What would happen?

- What might change?
- What might it taste like?



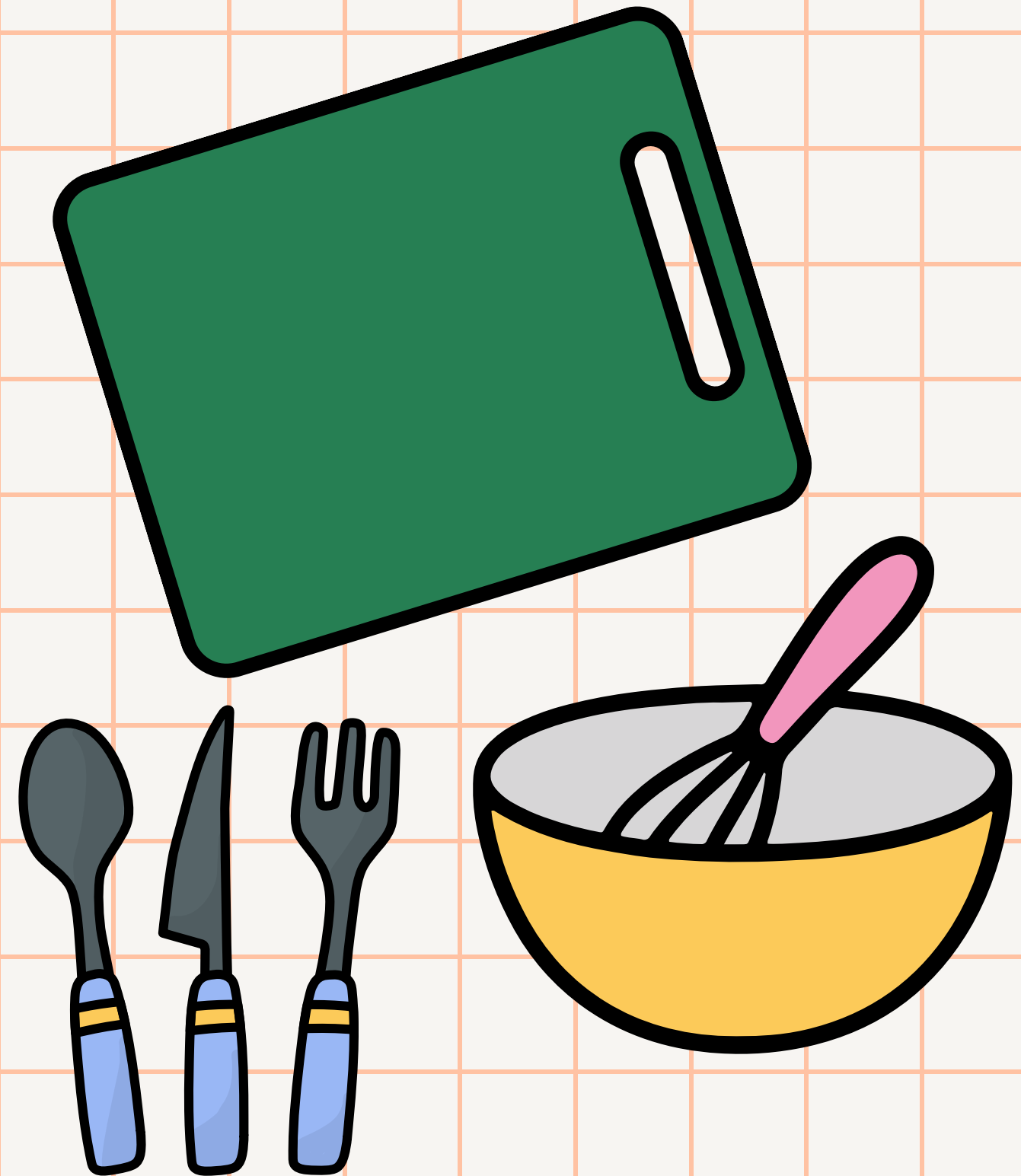
**Today you'll make your own pizza — your way.**





# Set up your lab

- ☐ Wash hands
- ☐ Make sure you have your tools
- ☐ Remember: cut away from yourself
- ☐ Ask a grown-up for help if unsure
- ★ **Safety is a part of good science**

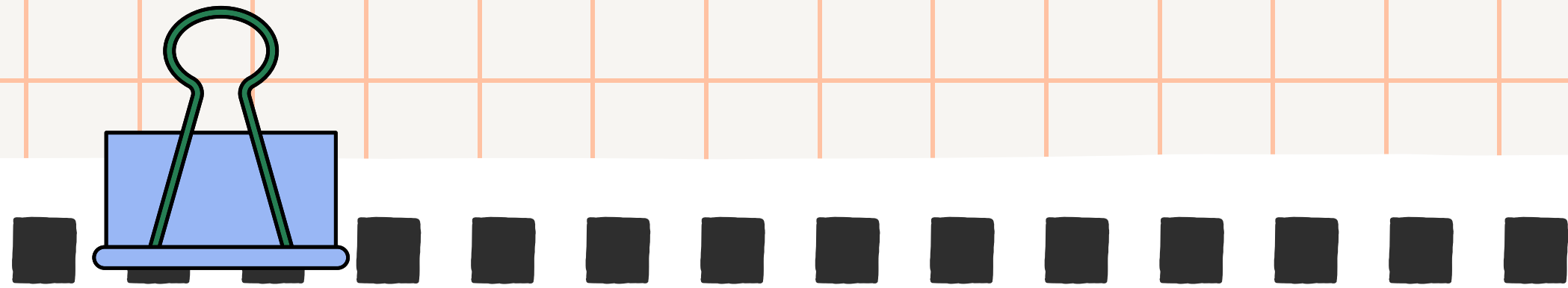




# Test + Tinker



# Scent scientists



**Can you guess the food using smell alone?**

Think about how you could describe them:

Strong · Mild · Sweet · Spicy · Fresh ·  
Earthy



# Sauce creation station

## Make your own tomato base:

- Add chopped tomatoes to a bowl
- Mash until it's the texture you like

Then choose what to add:

Basil · Oregano · Garlic · Paprika · Salt · Olive oil · Tomato paste



What happens as you mix?



# Food fact or fiction?



**Are these true or false?**

1. Bread, pasta and wraps are all made from grains
2. Rice grows underground
3. Wholemeal (brown) and white bread both start as the same grain
4. Grains can be used in sweet desserts
5. All rice is brown to begin with





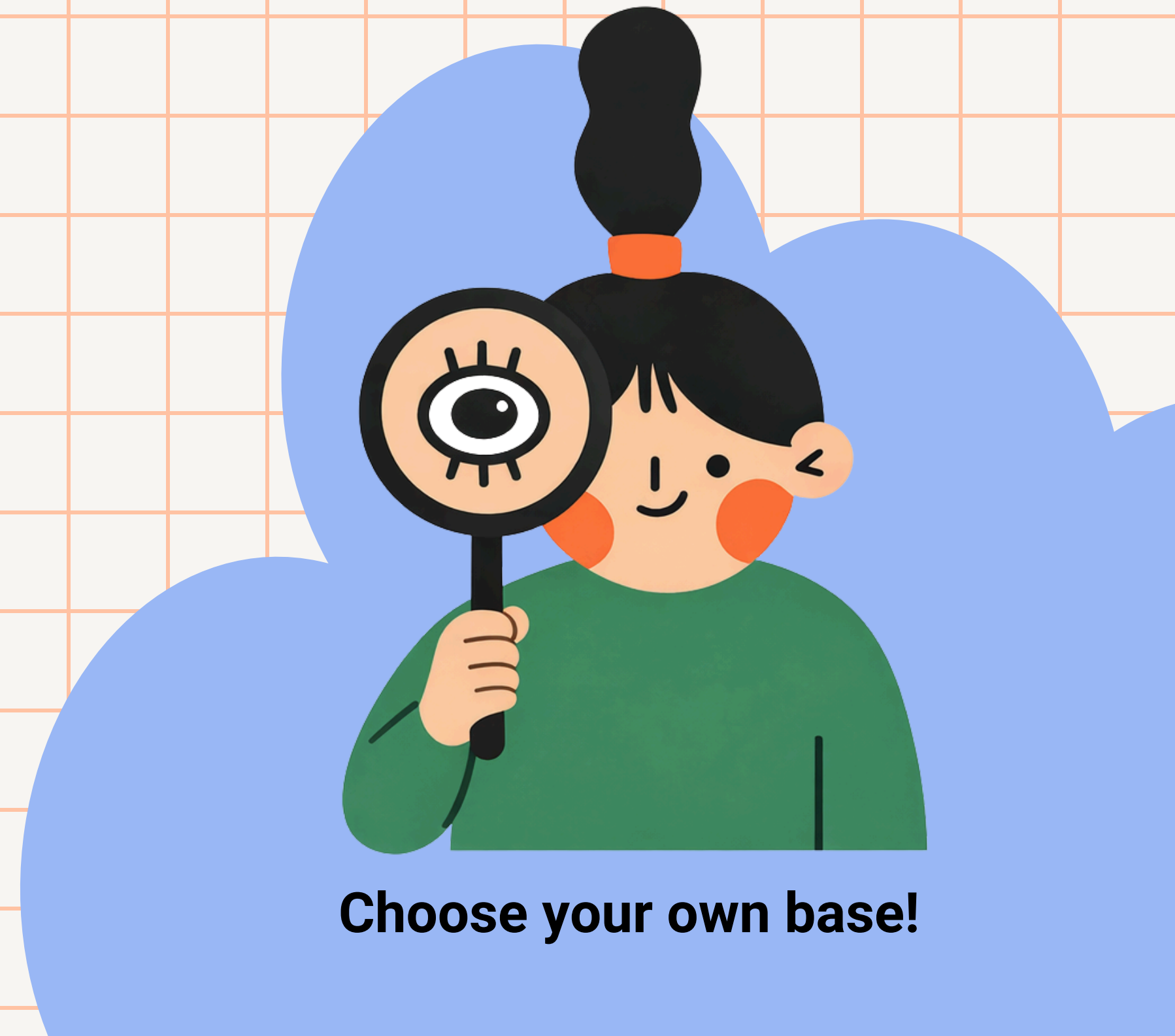
# Base builders

**Explore different pizza bases:**

Wrap · Pitta · Wholemeal ·  
Seeded · Gluten-free

What's different about them?

- Texture
- Thickness
- Flexibility
- Appearance



**Choose your own base!**



# The Big Experiment



# Pizza perfection

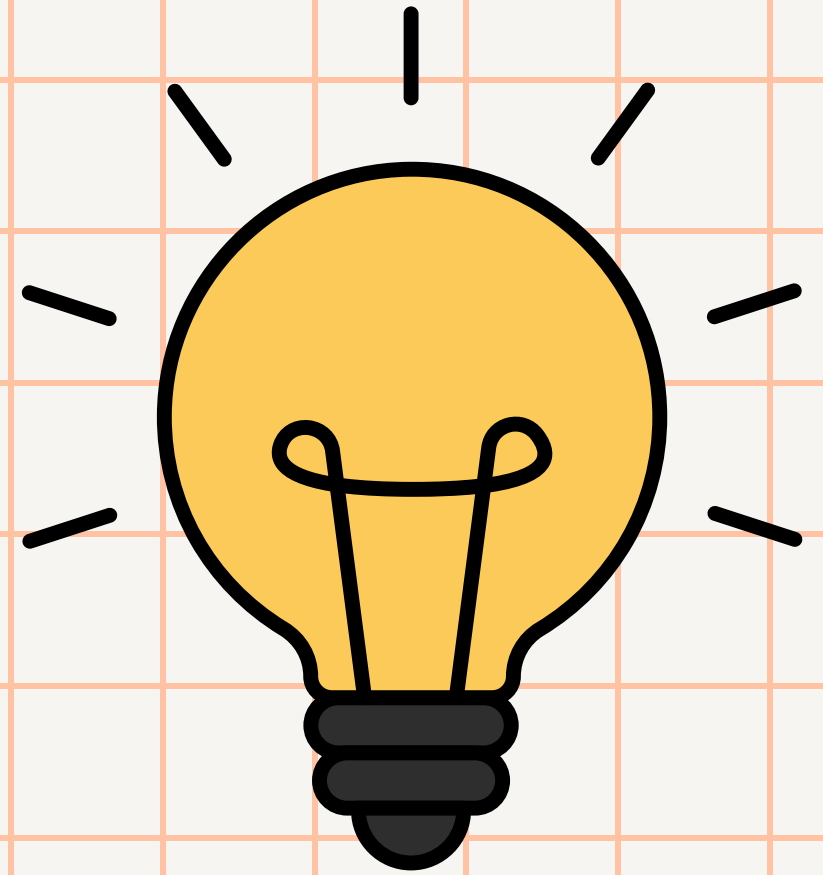
**Build your own pizza.**

Try to include:

- Something familiar
- Something new
- Something colourful
- Something with texture



**Mix, experiment and make it your own.**



**Results + Reflection**



# What did you discover?

1

**Find someone new.**

Show your pizza to someone you haven't spoken to yet.

2

**Take turns to share:**

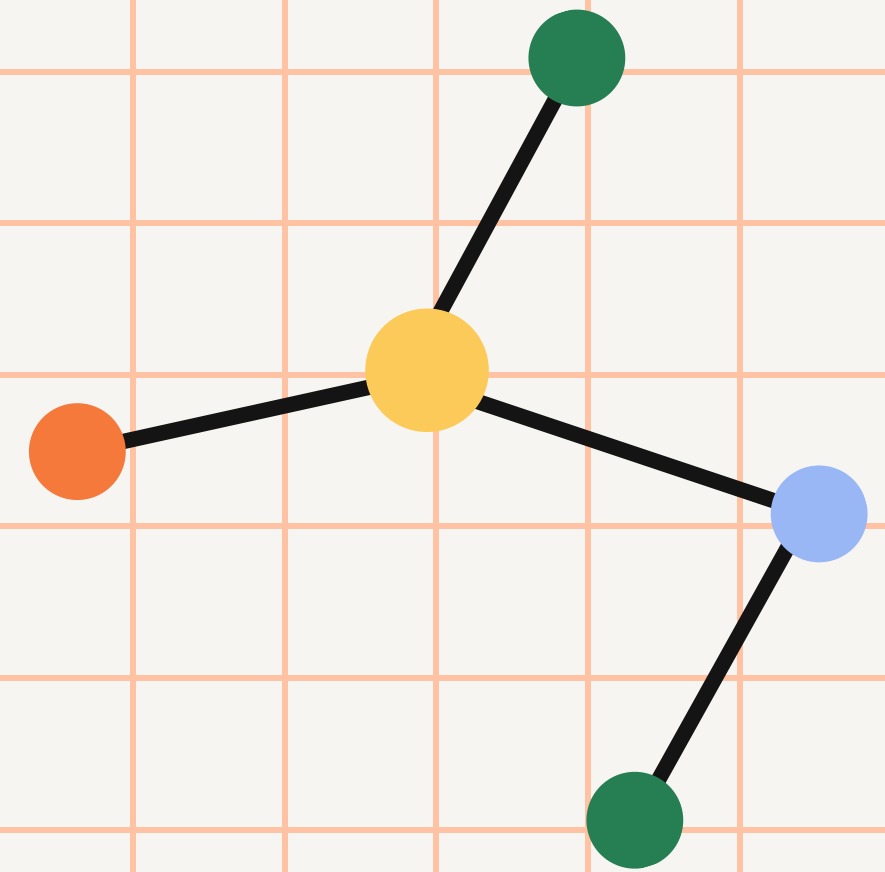
- What did you choose?
- What feels familiar?
- What's new?

3

**Then ask:**

- How did they give a familiar food a makeover?
- What's different from yours?

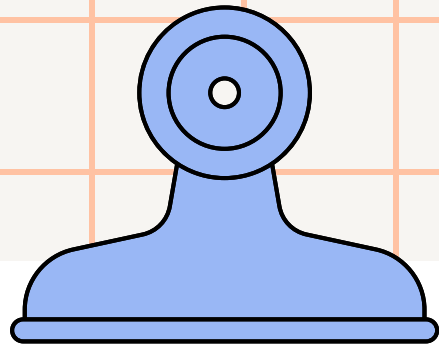




# Home Experiment



# Try a twist



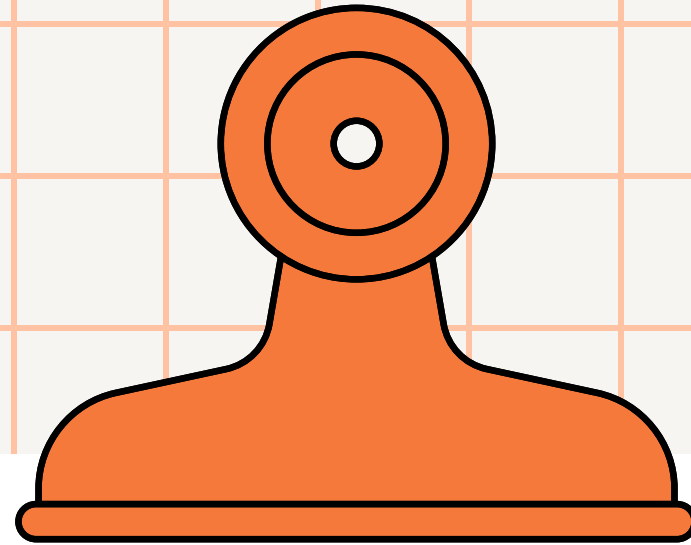
**Choose a familiar meal. Change one thing.**

You could:

- Swap in a different veg
- Try a new grain
- Add a spice or flavour



**Was it a hit, a miss, or just different?**



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Working with  
**Hampshire**  
County Council

# The Shape-Shift Lab



Can we trick  
our taste  
buds?

# Welcome to Food Labs



**We're food scientists.**

**Today's experiment:** Can we trick our taste buds?

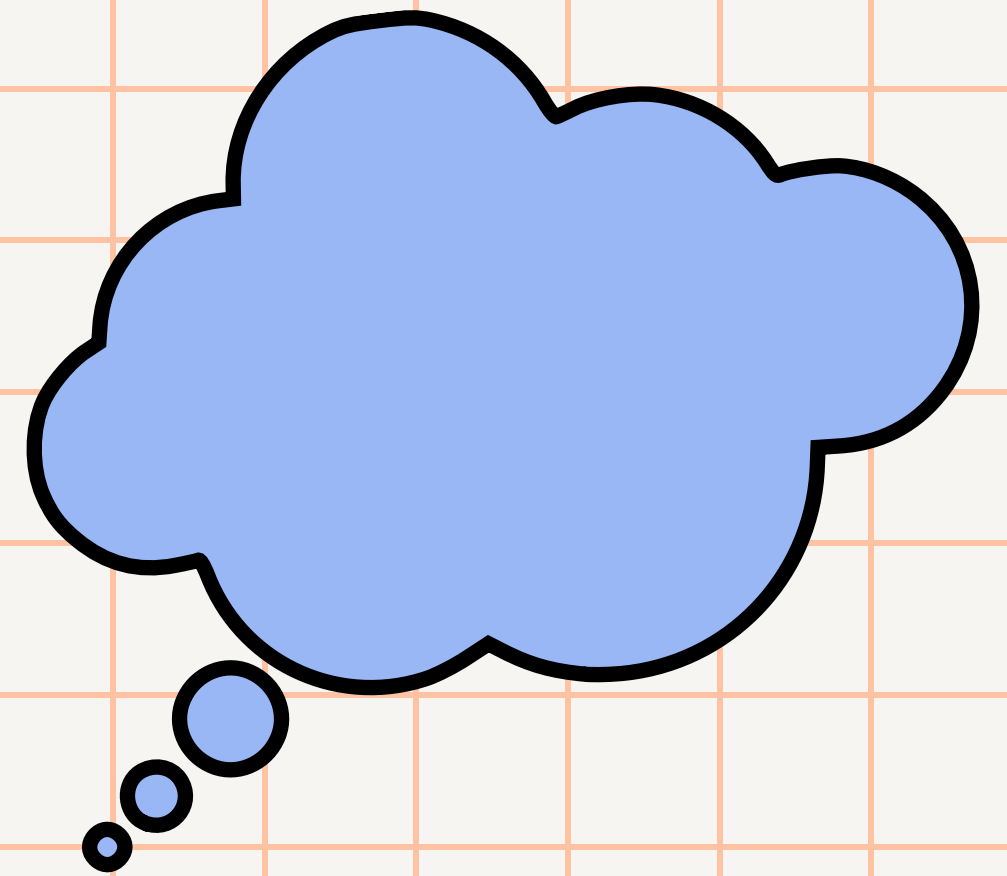
**We'll:**

- Explore food using our senses
- Test our ideas
- Take part without pressure



**You decide  
what you explore.**





**Predict + Prepare**



# Think like scientists

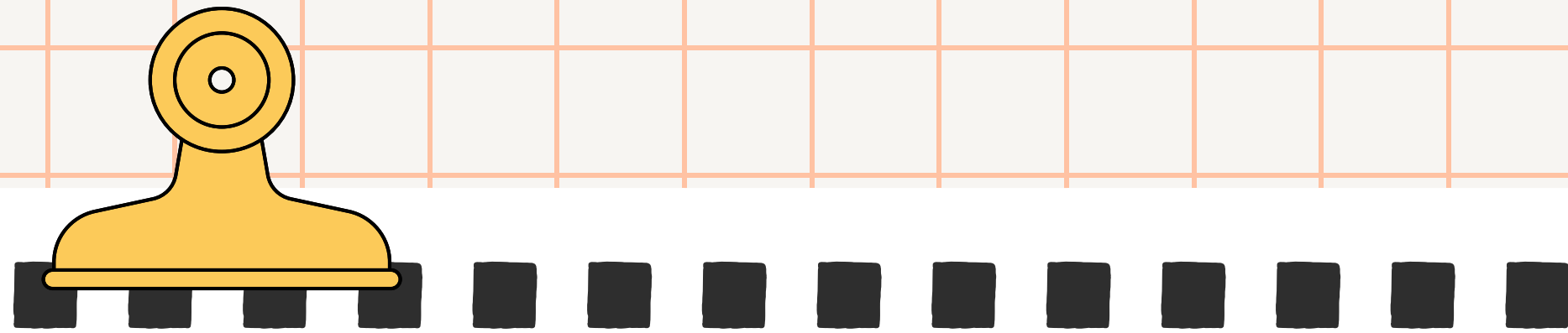
Which foods come from plants and which come from animals?



**We're going to explore some of these foods today!**



# Make a prediction



What do you think will happen when we mash and mix these together?



Lentils

+



Eggs

+



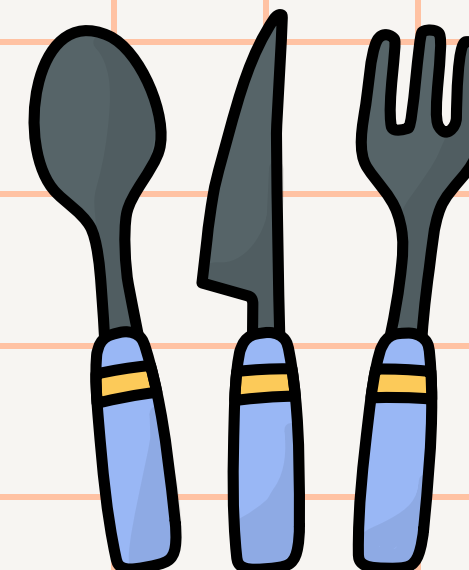
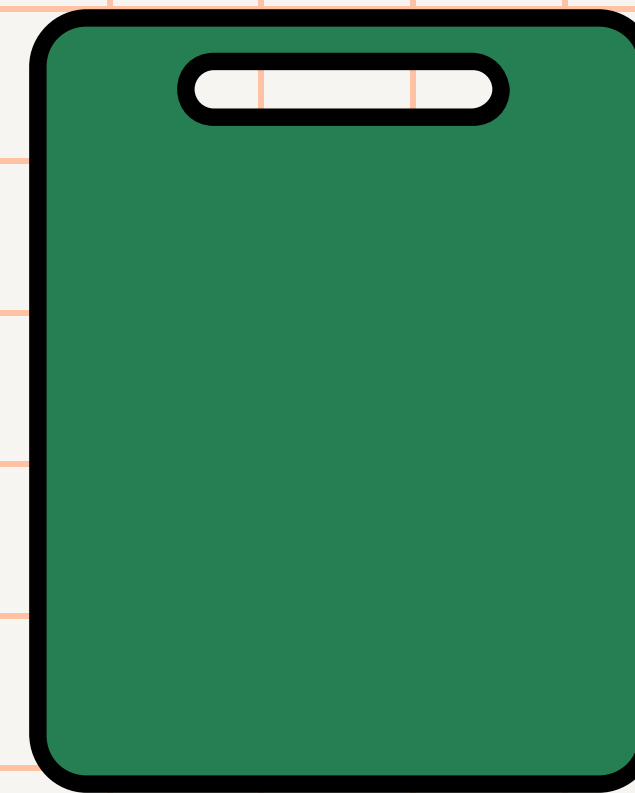
Oats



Let's find out!

# Set up your lab

- ☐ Wash hands
- ☐ Make sure you have your tools
- ☐ Remember: cut away from yourself
- ☐ Ask a grown-up for help if unsure
- ★ **Safety is a part of good science**





# Test + Tinker





# Food fact or fiction?



**Are these true or false?**

1. All meat alternatives taste the same
2. You can make a burger from beans
3. Lentils grow on trees
4. You need to eat meat to grow strong
5. In some countries, almost half of the people don't eat meat



# Touch test

1

## Look

But don't touch yet!

What can you see?

2

## Predict

Which one do you think:

- will feel the softest?
- will smell the strongest
- might fall apart?

3

## Test

Now find out:

- touch
- squash
- compare

Did anything surprise you?

# Squish and shape



**What happens when you mash beans?**

Kidney beans · Black beans · Cannellini beans

Mash and explore:

- What changes?
- How does it feel?
- What's different now?





# The Big Experiment



# Burger binder test

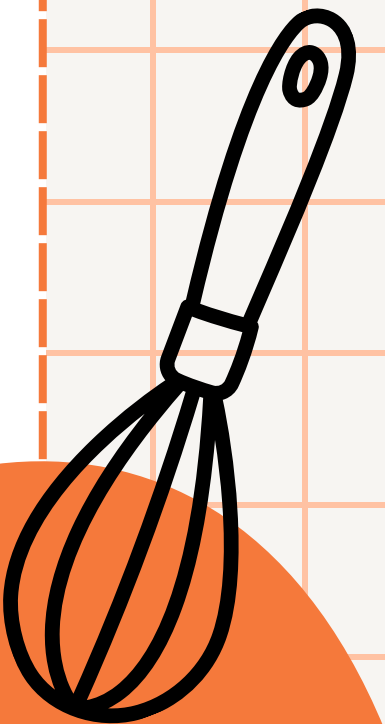
A burger needs: **mashed beans** + **a starch binder** + **a wet binder**

Choose your ingredients:

- Kidney beans
- Black beans
- Cannellini beans

- Breadcrumbs
- Oats
- Quinoa
- Cornstarch

- Egg
- Aquafaba
- Flax egg
- Water



**Build and test different burgers.**



# Scent scientists

**Can you guess the food using smell alone?**

How would you describe them?

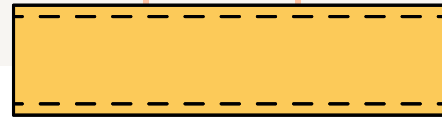
Strong · Mild · Sweet · Spicy ·  
Fresh · Earthy

Choose whether to mix them  
into your burger.



**You can add ingredients from earlier too!**

# Sizzle and crisp



**Cook your burgers in a frying pan with a little oil.**

Watch what happens:

- What can you hear?
- What changes as they cook?

Fry them until they're golden and crispy

*sizzle*



**You can store any you don't cook  
in the fridge or freezer**

# Brilliant burgers



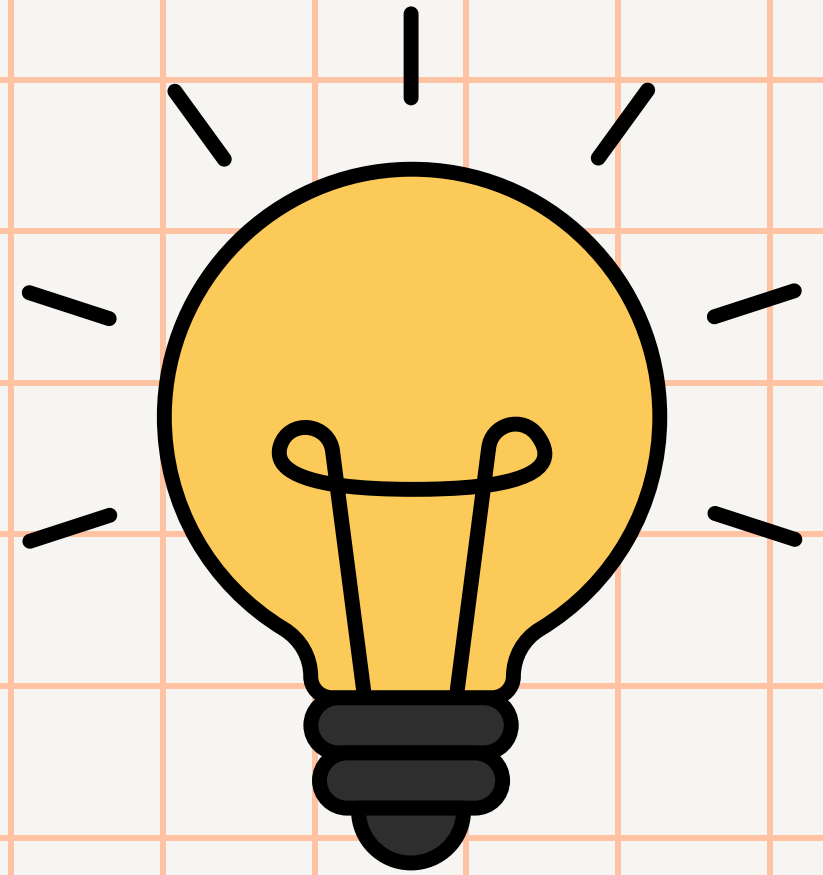
**Build your own burger.**

Try to include:

- Something familiar
- Something new
- Something that adds colour
- Something that adds texture







**Results + Reflection**



# What did you discover?

**Can we trick our taste buds?**

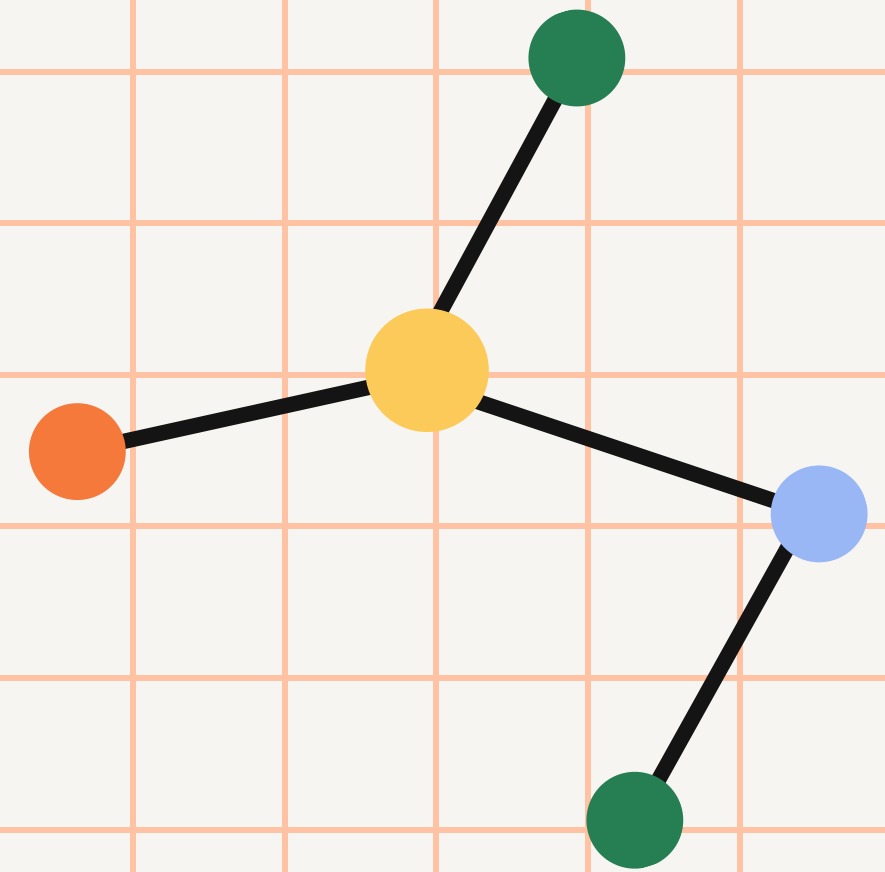
Let's find out! Compare your burger to one you've had before:

- What looks the same?
- What looks different?
- How does it feel? (soft, firm, smooth, crumbly...)



**Think back: was your guess about mixing ingredients correct?**





# Home Experiment

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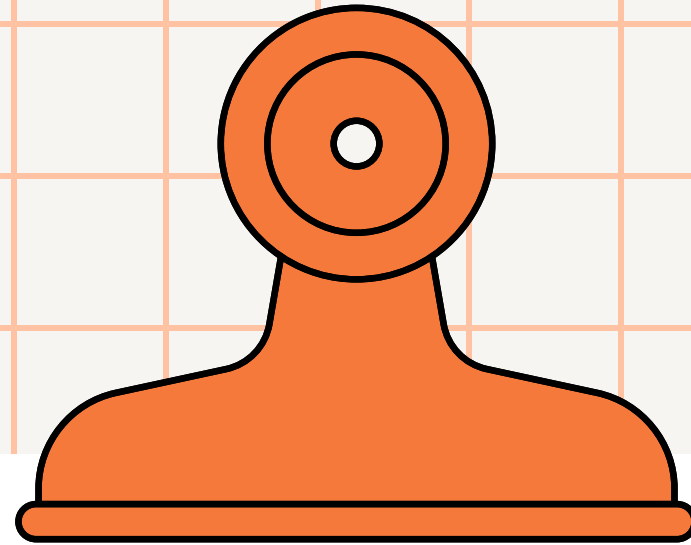
The Leftover Lab

As a family, decide how to use your leftovers.

You could:

- Wrap it
- Add it to pasta
- Stir it into soup





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Working with
Hampshire
County Council

The Magic Lab

Can we turn
tins into a
meal?



Welcome to Food Labs



We're food scientists.

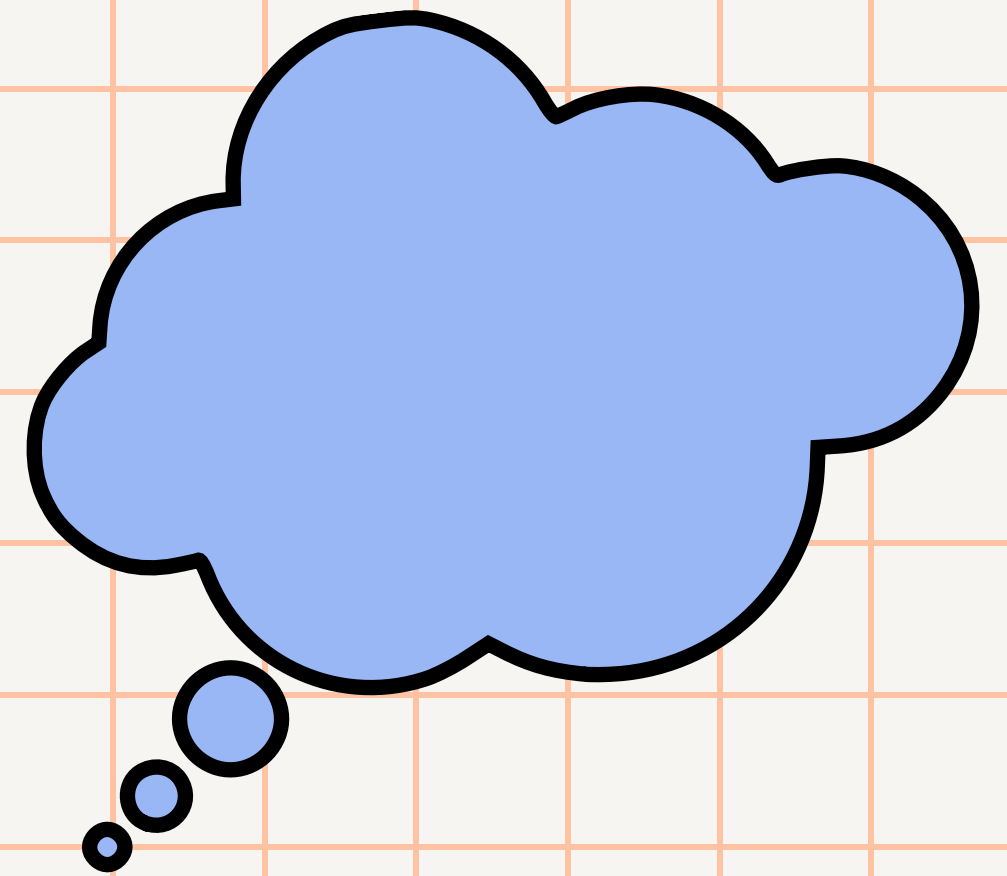
Today's experiment: Can we turn tins into a meal?

We'll:

- Explore food using our senses
- Test our ideas
- Take part without pressure



**You decide
what you explore.**



Predict + Prepare

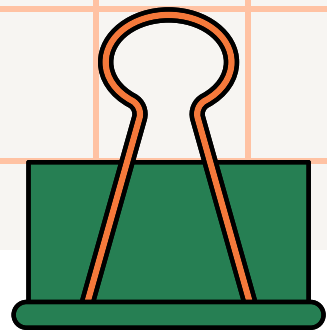


Set up your lab

- ☐ Wash hands
- ☐ Make sure you have your tools
- ☐ Remember: cut away from yourself
- ☐ Ask a grown-up for help if unsure
- ★ **Safety is a part of good science**



Make a prediction



Can you guess what's in the tin?

Shake, listen, and predict what's inside.

Write down your guesses.

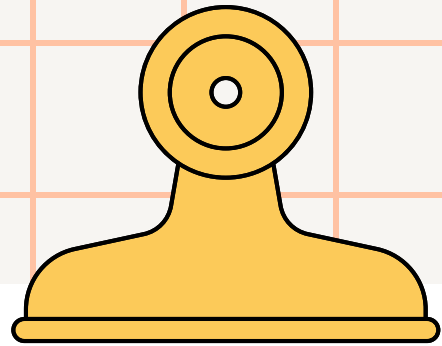




Test + Tinker



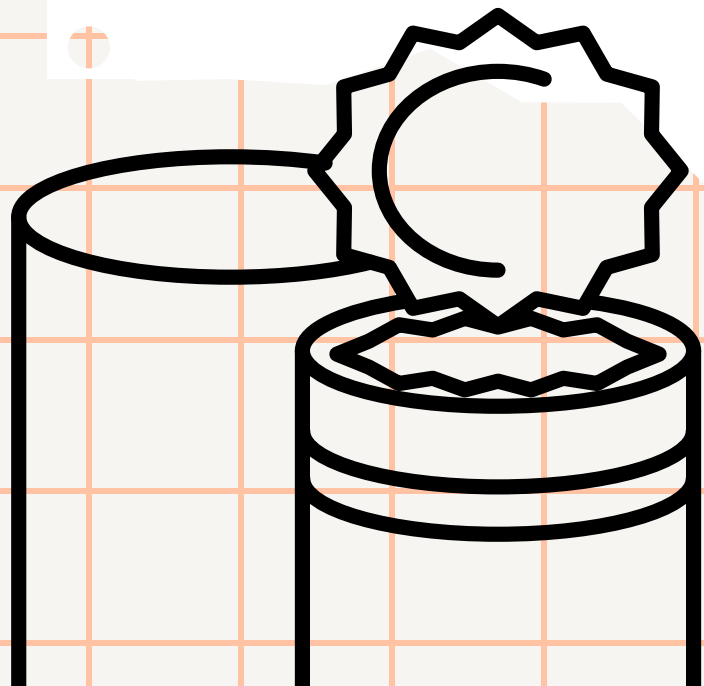
The big reveal



Open the tins one at a time.

Were your guesses right?

What could you do with each one?



We're going to use these to make something new.

Colour experiment

Can you make pasta change colour?

1. Cook your pasta and drain it.
2. Add to a zip bag with cold water and food colouring
3. Leave to soak, then drain and spread out to dry.
4. Share with others to create a rainbow.



What colours can you create?



The Big Experiment



Perfect pasta

1

Choose your sauce:

Oil + garlic · Tomato sauce · Pesto · Cream cheese

2

Add from tins:

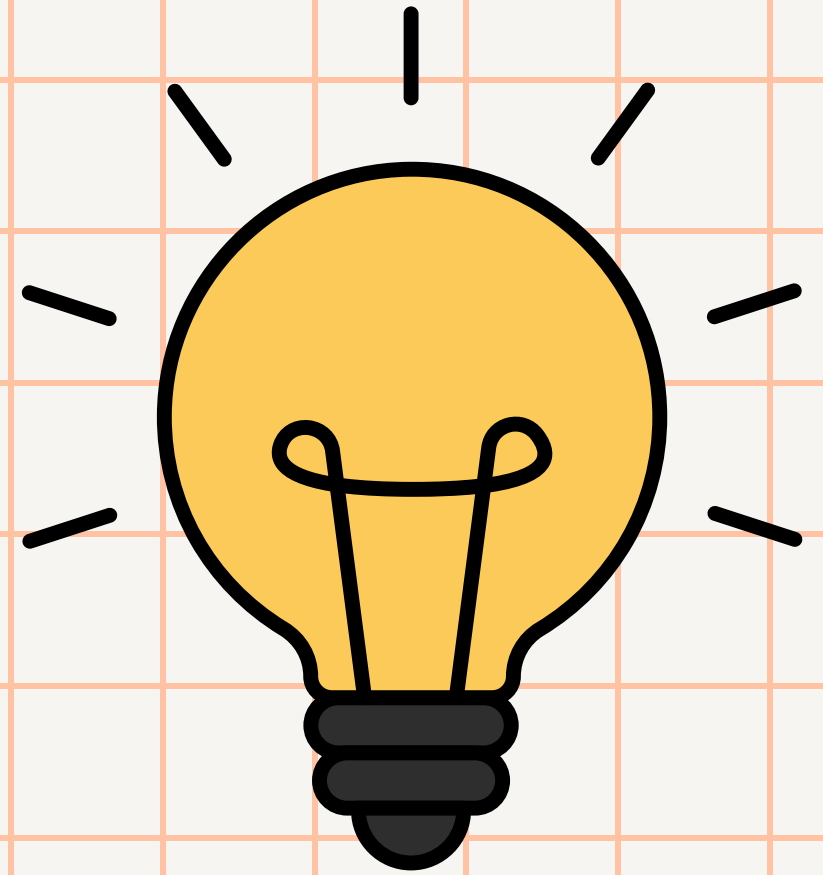
Potatoes · Sweetcorn · Tomatoes · Green beans ·
Peas · Carrots · Chickpeas · Tuna

3

Finish with flavour:

Salt · Pepper · Spices · Herbs





Results + Reflection



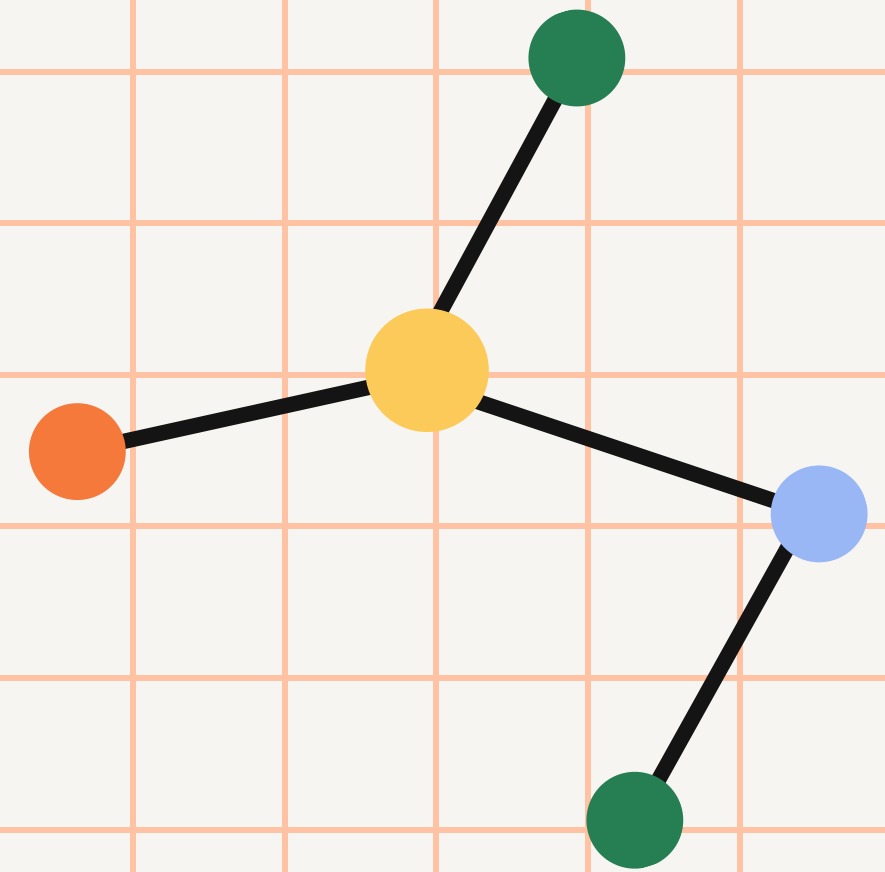
Sharing is caring

Share your creations:

- What did you make?
- What worked?
- What surprised you?



You turned tins into a meal!



Home Experiment



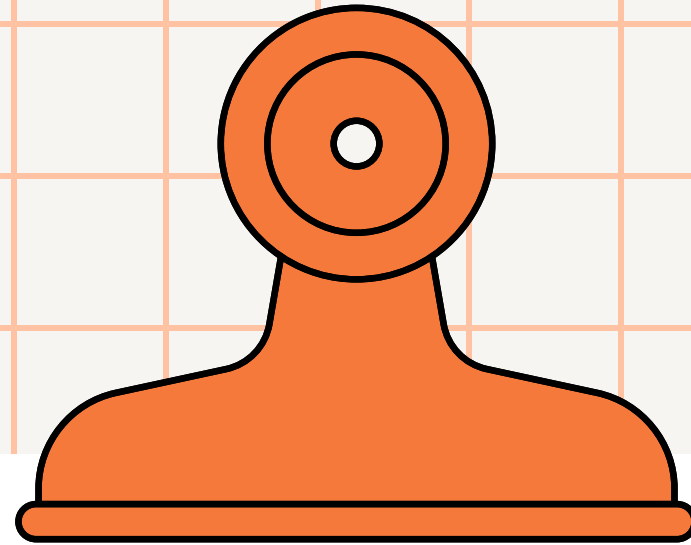
Cupboard quest

Go on a food treasure hunt at home!

Find one ingredient that's nearly finished, forgotten or always left behind.

Talk about different ways it could be used (no need to cook or taste).





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Working with
Hampshire
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The Celebration Lab

Can we create
our own food
experiment?



Welcome to Food Labs

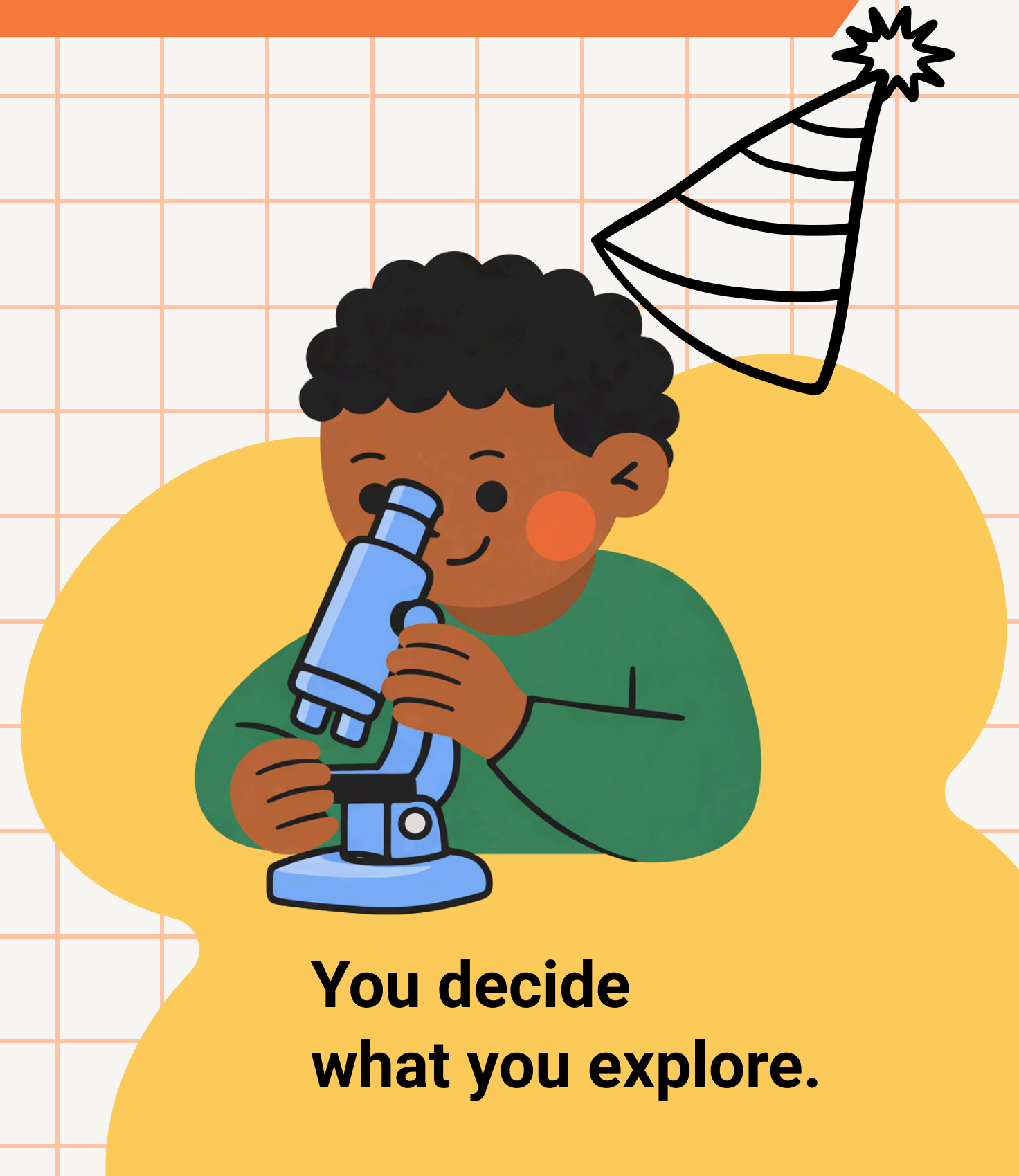


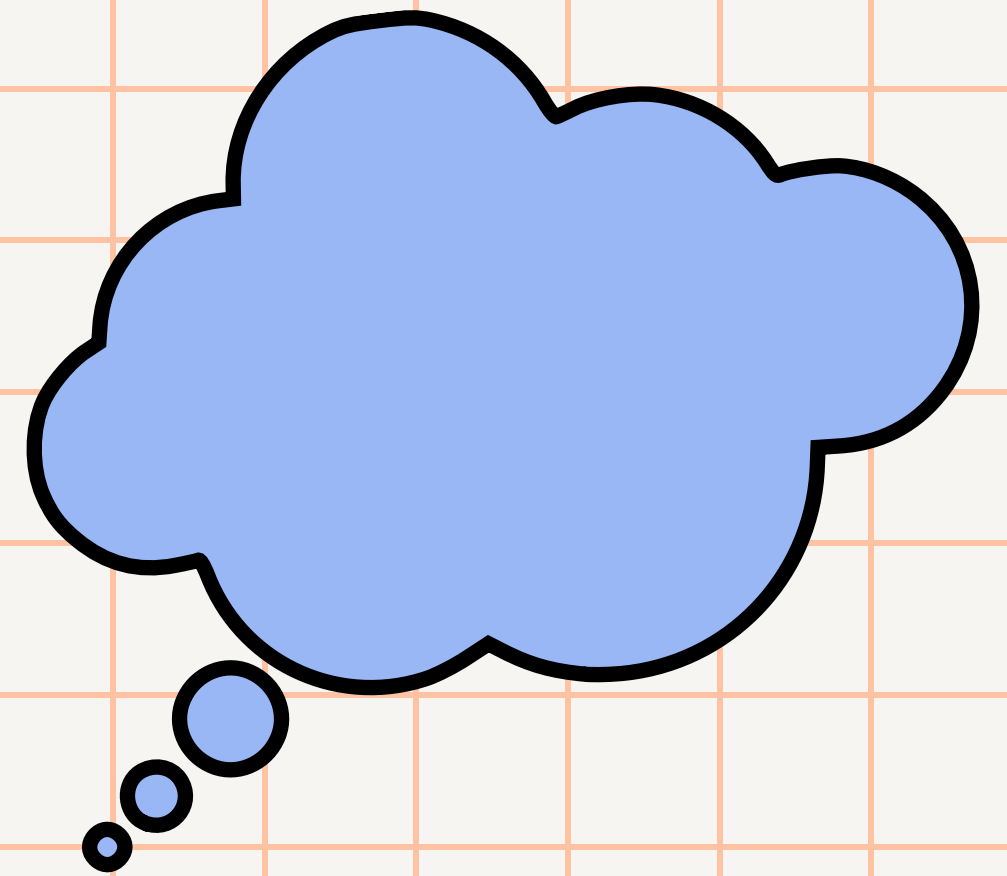
We're food scientists.

Today's focus: Can we create our own food experiment?

We'll:

- Explore food using our senses
- Test our ideas
- Take part without pressure





Predict + Prepare



Think like scientists

What have we discovered?

Let's look back on our Food Labs journey.

Think about:

- What did you enjoy most?
- Which experiment was your favourite?
- What new foods did you try?
- What new skills did you learn?



Make a prediction



What would you like your next experiment to be?

You might want to:

- Try something again
- Mix ideas from different labs
- Try something at home
- Change something you've already made



Set up your lab

- ☐ Wash hands
- ☐ Make sure you have your tools
- ☐ Remember: cut away from yourself
- ☐ Ask a grown-up for help if unsure
- ★ **Safety is a part of good science**





Test + Tinker



Flavour match-up

Look at the foods on the table.

Smell them to help you work out what they are.

Which flavours would you mix together?



Mystery ingredients



Each group has a box of ingredients from previous labs.

Take turns reaching into the box — don't look yet.

- What do you notice?
- What do you think the foods might be?





The Big Experiment



Ready, steady, cook!

1

Open your box.

What have you got?

2

Design your experiment.

- What could you make?
- What are you testing or changing?
- What do you think will happen?

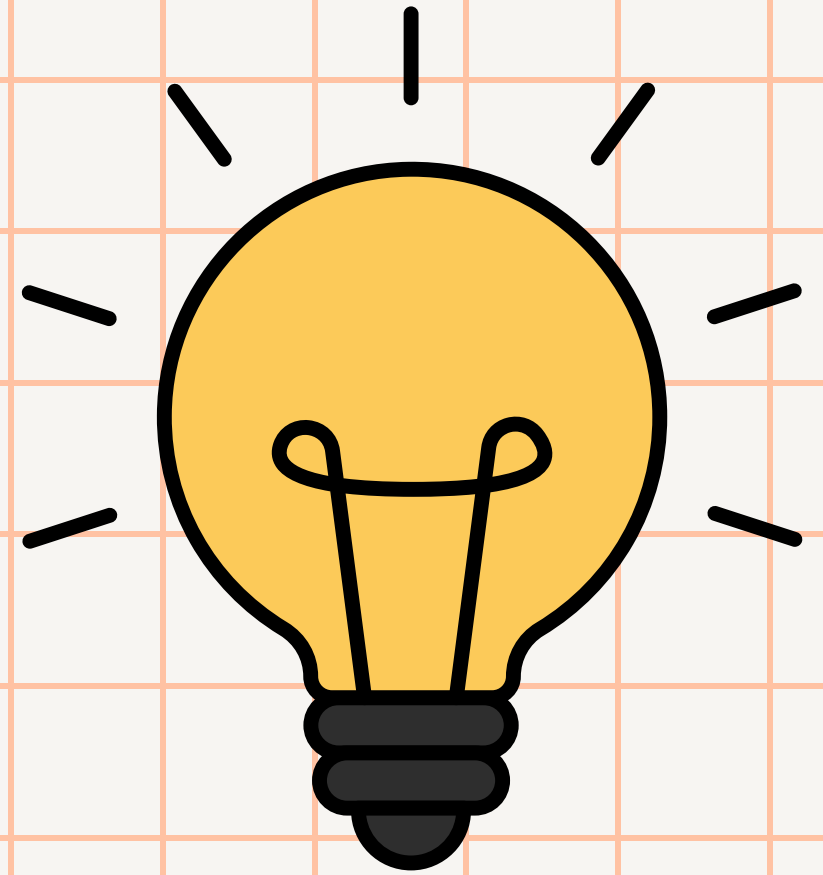
3

Now try it.

Create your snack or meal together

Share ideas, then agree on one





Results + Reflection



Sharing is caring

Share your creations:

Tell another group:

- What did you test?
- What happened?

Then, listen to find out about theirs.



Let others taste your creations if you want.

The Home Lab

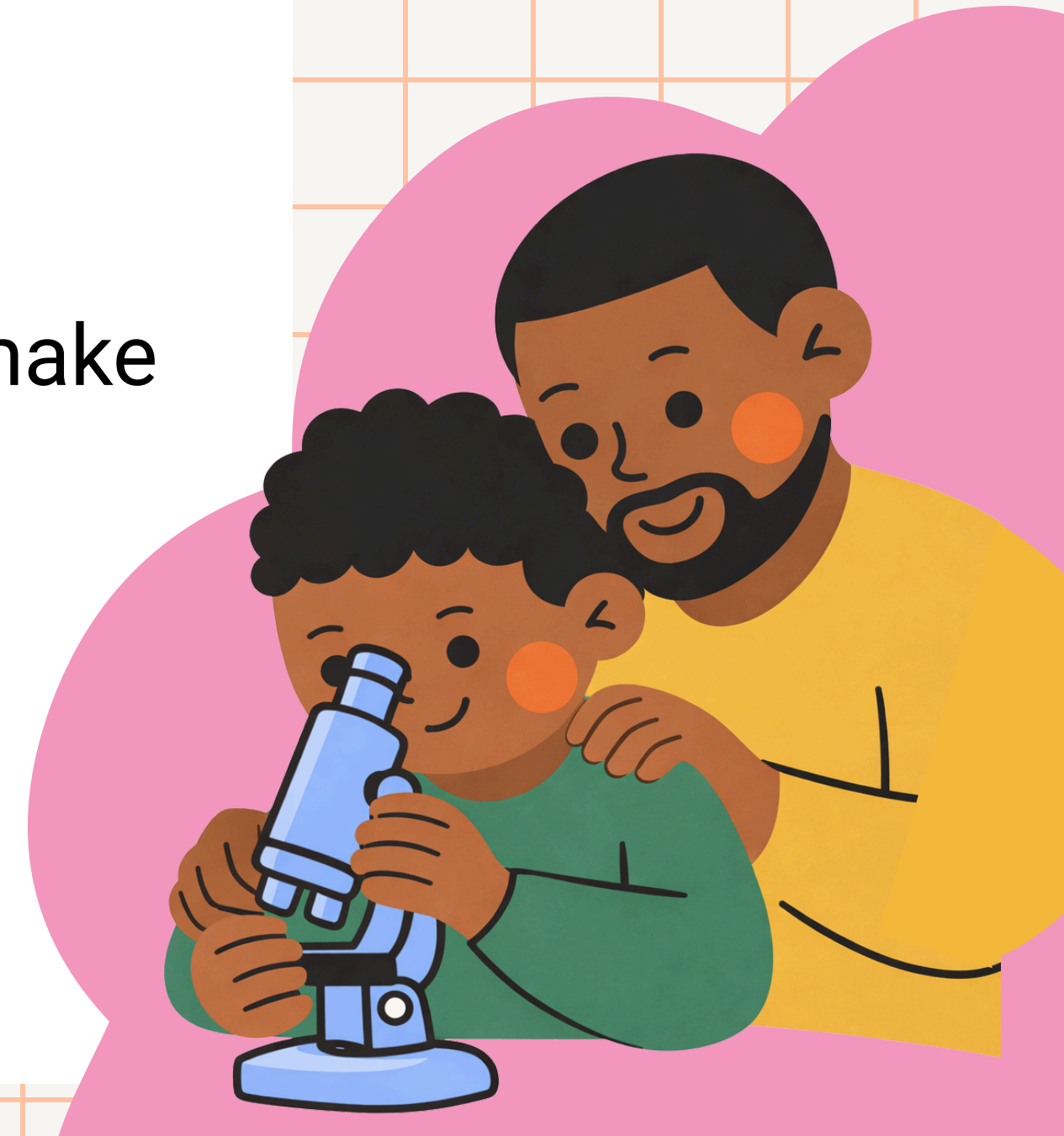
Run your own food experiment this week:

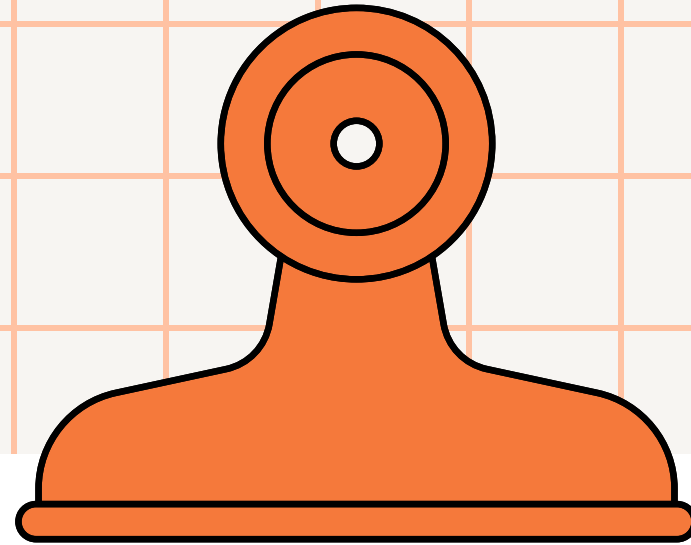
1. Pick one:

- Try a new ingredient
- Change something in a meal you already make
- Create something completely new

2. Then think like a scientist:

- What are we testing?
- What do we think will happen?
- What actually happened?





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