

Why Mushrooms?

We have learned about mushrooms and now it is time to explore them. Students will learn about their five senses and use them to describe mushrooms. Students will also learn about what type of mushrooms they like and how they can be incorporated into everyday snacks and recipes.

What are the five senses

Students learned about the following five sense:

- See
- Hear
- Smell
- Touch
- Taste

Extended Learning

For a fun activity, the next time you are meal planning, try to incorporate more mushrooms:

- Blend mushrooms in with meat to reduce calories, add nutrients, and reduce sodium.
- Include fresh mushrooms as a snack option for children. Serve with hummus or dip or use in a hummus blend.
- Add mushrooms to favorite foods to encourage consumption and add nutrients.

Exploring the five senses

Help students learn to describe what they experience with their five senses. Read on the below books and ask students to describe your evening dinner:

- I Hear a Pickle: and Smell, See, Touch, & Taste It, Too! By Rachel Isadora
- My Five Senses by Alik.
- Look, Listen, Taste, Touch, and Smell by Pamela Hill Nettleton

What do you do with mushrooms

A few recipes and resources to increase mushroom consumption:

https://www.mushroomcouncil.org/schools_recipes/

