



# THE GAME OF THE SENSES. SMALL DETECTIVES

## MAIN THEME: THE ECO-SYSTEM

### SHORT DESCRIPTION OF THE ACTIVITY:

In this workshop children will learn how to recognize aromatic plants and how to use them. This will be done by using the sense of smell, to identify herbs and by discovering the properties of the different herbs and where you can find them in everyday situations.





## SHORT DESCRIPTION OF THE ACTIVITY:

The workshop consists of two fundamental parts:

### 1. **What are the aromatic plants and their recognition.**

For this first part we divide the group into 4, so that children are in pairs or in groups of 3.

On top of the table, we have 4 types of herbs, each group has a plant assigned to it, which must be recognized. For this they are allowed to see, touch and smell. Then we put a bandage on their eyes so they recognize the smell and differentiate the plants, and finally the children go to the garden where they have to identify the plant they were looking for, learning to distinguish them from some very similar in shape, but very different in smell.

### 2. **Learning about the uses and some properties of the chosen plants.**

In this part the children made use of the plants, such as a tomato salad with oregano, an infusion or an aromatic bag.





**TARGET AUDIENCE:** 12 children aged 4-6 years

**TEACHERS INVOLVED:** No. 1

**WORKSHOP DURATION:**

2 hours for preparing the activity;  
60 minutes for the activity with the pupils.

**OBJECTIVES:**

- Discover what aromatic plants are
- Use the sense of smell to identify herbs
- Let them investigate what the herbs are and help each other
- Learn uses and properties of herbs (medicinal, culinary, etc.)
- Make use of the plants and experiment with new flavors
- Teach that herbs are included in many things of daily life, such as in the kitchen, or in infusions and that these bags are actually dried herbs.





Quantities	Materials	Notes
1 for each	LEAVES OF: Oregano/mint/marjoram/ balm	
2 for each group	Pieces of cloth	To cover the eyes
1 for each plant	Pieces of paper with the name of the plants	
About 6	Tomatoes	For the salad
-	Cheese	For the salad (We recommend some of very mild flavor)
-	Dry hierbs (oregano and balm)	For the salad and the infusion
1	Scissors	To cut the herbs in to the garden.





Quantities	Materials	Notes
1 glass for each	Hot water	To do the infusion
About 6	Lemons	For the lemonade
1 for each	Glasses	For the lemonade and the infusion
3	Plates	For the salad
1 for each	Forks and spoons	
-	Sugar/honey/stevia	For the lemonade
1 glass for each	Hot water	To do the infusion



# HOW TO CONDUCT THE ACTIVITY

## PHASE 1 - GETTING STARTED: (Time: 10 minutes)


### MAKE GROUPS OF 3 OR 4

We make groups of 3 students, taking into account the ages and difficulties of each, so that the groups are balanced. They write their name on the color card that corresponds to each group.





## PHASE 2 - EXECUTION: (Time: 30 minutes)

1. We talk about what an aromatic plant is.
  2. They look, touch and smell the plants on the table.
  3. We play to cover the eyes of one member of each group and the others have to give him to try all the herbs until he recognizes his.
  4. We go out to look for the herbs in the garden and take a little of each of them.
  5. **We go to the kitchen to do the second part.**
  6. Prepare the tomato salad with oregano, a sack of cloth with marjoram to flavor the cabinets, a lemon and mint drink, an infusion of lemon balm.
  7. Prove what they have done.
  8. We talk about other uses of plants and their properties.
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## PHASE 3- CONCLUSION AND EVALUATION (time: 10 minutes)

**1. What plants have we learned to identify? And how have we differentiated them?**

- Oregano
- Melissa (very similar in shape to mint but of different smell)
- Marjoram
- Peppermint

**2. Uses of herbs**

- Culinary, medicinal and aromatic.

