

# Individual Activity Lesson Plan

## Painting with Yoghurt- Taste “Five Senses”

**Date:** Monday 20th April 2020

**Activity Title:** Painting with Yoghurt

**Learning Intention:**

Expressive Art and Design: Exploring and Using Media and Materials  
To experiment with colours and marks.

**Links to EYFS:**

Expressive Art and Design: Exploring and Using Media and Materials: 22-36 months.

**Resources:**

- Yoghurt.
- Food colouring/fruit juice.
- Top of a yoghurt pot.
- Spoon.
- Wooden skewer/cocktail stick/pencil.
- Paper.

**Activity Overview:**

Taste the mix of yoghurt and food colouring/fruit juice. Experiment with marks and colours by painting with this mix.

**Key vocabulary:**

Taste, yoghurt, paint, marks, colour names, splash, try, yummy, tasty, good, “I like it/I don’t like it”, stir, pour.

### ACTIVITY IMPLEMENTATION (including key question)

**Introduction:**

- Explain to your child we have ‘five senses’ (sight, hearing, taste, smell and touch).
- Introduce **taste** as one of the ‘five senses’: “What do we use to taste things?”, “What do you like the taste of?”, “What do you like to eat?”, “What do you not like to eat?”.
- Explain that you will be painting with yoghurt and food colouring/fruit juice. “What colours would you like to use?”.

5 SENSES



**Main Activity:**

- Help your child to push the stick through the yoghurt pot lid.
- Squeeze/mash fruit oranges/lemons/strawberries or use food colouring if you prefer. “What fruit would you like to use”, “Can you squeeze the lemon?”.
- Add your pureed fruit/food colouring.
- Get your child to taste the ingredients. “What does that taste like?”, “Do you like the taste?”, “You are using your mouth to eat and taste food”.
- Mix the ingredients into the yoghurt (have a little taste). “Shall we mix the food colouring with the yoghurt?”, “What do you think will happen to the yoghurt?”, “What colour would you like to use first?”, “I like the way you are mixing so carefully!”.
- With a teaspoon add small amounts of the mixture to the lid.
- Spin the lid on the paper, just like using a spinning top (show them how to do this first). If this is too messy we use a salad spinner at nursery cutting paper into the size of the base. Add colours then place on lid and let your child spin the handle.
- That’s it, keep on trying, you can do it, well done.
- Watch the mixture splash onto the paper (do this on a table or outside (less mess). “What colours can you see?”.



# Individual Activity Lesson Plan

## Painting with Yoghurt- Taste “Five Senses”

### Activity review:

- Could your child squeeze the oranges/lemons or mash the strawberries?
- Did you leave enough ingredients to taste?
- Did your child enjoy tasting the ingredients?
- Could your child spin the top? Did it make a noise?
- What happened to the mixture when your child spun the top?

### **Additional ways to support your child:**

Support your child to name the resources they are using yoghurt, fruit, spoon.

Help them to use two words together too: “yellow paint”, “yummy yoghurt”, etc.

### **Extension:**

Encourage your child to use simple sentences e.g: “I’m painting with yoghurt”, “I’m mixing the ingredients”, “I like yoghurt”.