

FLAVOR JAZZ

Slice, Sprig & Cube
IMAGINE!!! Lesson Plan — Lesson #4

Lesson Title:	Flavor Jazz: Slice, Sprig and Cube
Unit Theme:	Sugar-Shock — Healthy Pop Alternative
Grade Level:	Middle School (Grades 6–8)
Duration:	45–60 minutes

Lesson Overview

Students explore how fruits, vegetables, and herbs transform plain water into a flavorful, healthy alternative to sugary drinks. Through sensory guessing, color-taste connections, and hands-on experimentation, students become **Food Detectives** who discover new tastes through all five senses.

Sensory Activity: MySenses — Guess the Taste

Championing MySenses: Guess What Taste from the Color

Students use color as a sensory cue to predict flavor before tasting:

- Green → Bitter (e.g., cucumber, kale)
- Pink / Red → Sweet (e.g., watermelon, strawberry)
- Yellow / Orange → Tangy / Citrusy (e.g., lemon, orange)
- Purple → Earthy / Berry (e.g., blueberry, grape)

ASK THE STUDENTS TO IMAGINE WHAT IT TASTES LIKE after viewing images of fruit-infused water. Encourage descriptive language: sour, sweet, crisp, refreshing, floral...



Fruit-infused water: a colorful, healthy alternative to sugary drinks.

Experiment: Flavor-Infused Water

Students create their own flavor-infused water combinations and record observations about color, smell, taste, and appearance.

Ingredients to Explore:

- Fruits — e.g., citrus (lemon, orange, lime), watermelon, strawberry
- Vegetables — e.g., cucumber, mint leaf
- Herbs — e.g., basil, rosemary, mint, lavender

Recipe Cards:

Use recipe cards from **M-Healthy** to guide students through combinations. Students record: Which colors did you choose? What did you predict the taste would be? What did it actually taste like?

Learning Objectives

- Identify color-taste connections using sensory reasoning.
- Understand why fruit-infused water is a healthier alternative to sugary drinks.
- Experiment with combining fruits, vegetables, and herbs to create new flavors.
- Use descriptive language to communicate sensory experiences.
- Connect food choices to personal health and well-being.