

# I Am Thankful That I Can Smell and Taste

Have fun with some activities that teach you about smelling  
and tasting!

## Purpose

To help each child appreciate the senses of smell and taste. Be ready to be stuffed by the end of it!

“We can more easily stimulate our children’s learning during family home evening by allowing them to use more than one or two of their five senses during lesson presentations...drawing on the sense of smell or taste is a helpful teaching technique that is often overlooked. Appealing to these senses adds a wonderful dimension to family home evening lessons.” ~ Dianne Dibb Forbis

## Preparation

Pull up any links you might need for the lesson - look at the Family Night website for quick links

Mark Scriptures ~ Doctrine and Covenants 59:18-19

Find Pictures of ~ Gathering Manna

Prepare for the Activities you want to do. Look ahead, especially if you want to make the treats that go with the different parts of the lesson!

Prepare Treat ~ Suggested Treat - Choose from Activities!

# I Am Thankful That I Can Smell and Taste

**Opening Song** ~ Head, Shoulders, Knees, and Toes (Primary Hymnbook; Hymn 275)

**Opening Prayer**

**Attention Activity** ~ Have your child close their eyes! (You might need to blindfold them) Take out a couple different things and see if your child can guess what they are first smelling, and second tasting! Some good ideas - oranges, bananas, chocolate, strawberries.

Talk about how thankful you are that you are able to smell and taste yummy foods.

**Scripture** ~ Doctrine and Covenants 59:18-19

Have the child repeat, word for word the scripture. Explain how Heavenly Father created food for us to use and to make us happy! We can eat it and enjoy the smell and the taste, and it also can strengthen us!

**Scripture Story** ~ Gathering Manna!

Show your child the picture of the people gathering manna. They might have already talked about it when they had the Sabbath Day lesson. Remind them of the story and then tell them in the scriptures it says how the manna tasted!

Open your scriptures to Exodus 16:31 and read. Have your child listen for what it says manna tastes like. After figuring out that it is honey, ask them if they like honey. Then ask them what it tastes like. You can prepare a small plate with pieces of bread. When the time comes pour a little honey on each piece and then everyone can have a taste!

**Story** ~ "So Hungry" ~ From February 2009 Friend (Link on Family Night Website)

A story where your child can help you read! They read the pictures you read the words! The story is of how Ryan and his mom decide to make a fruit salad! If you are in the mood, make a small fruit salad for your family to share right after the story!

**Activity** ~ Fruit Loop Necklaces~ Found on Sugar Doodle

Find some yarn and have your child make a fruit loop necklace. Your child will probably want to do it themselves, so set plenty of time aside if you want to do this activity so they can enjoy that! Make it long enough so it hangs low and easily can be brought to their mouth! Then show them how to eat their necklaces!

**Testimony** ~ Bear your testimony to your child about how you are thankful that Heavenly Father gave you the ability to smell and taste! It doesn't need to be eloquent and long, just keep it simple and heartfelt!

**Closing Song** ~ I Wiggle (Primary Hymnbook; Hymn 271)

**Closing Prayer**

**Treat** ~ Suggested Treat ~ Choose from Activities! There are tons of different activities that have to do with food you might be too full by then end of FHE tonight to eat yet another treat! You can always set aside a fruit salad from the story for the official treat at the end!

### Extra Activities for This Lesson ~

1 ~ Cook Something!

Your sunbeam is ready for more independence! Cook up something - maybe cookies, have your child help pour and mix the ingredients! While in the oven ask your child if they can smell them, and then ask if that makes them hungry and want to taste them! Make sure they cool down a little before you eat them so you don't burn their mouths!

2 ~ I Am Thankful for Smell and Taste Coloring page found on [mormonshare.com](http://mormonshare.com)

3 ~ I Am Thankful That I Can Smell and Taste File Folder Game~ By Megan Mills

### Other Materials ~

Basically all the ideas from this lesson is from The Primary 1 Manual, [lds.org](http://lds.org), and [Sugardoodle.net](http://Sugardoodle.net)

If you are looking for other materials to help with your lesson you can look in any of these places ~ There are links to them on the Family Night Website!

## For Younger Siblings ~

If your child has a younger sibling, select from one of these activities to get them more involved:

Salty and Sweet! - Find two snacks one that is salty and one that is sweet, explain how they both taste good, just different. Any fruit can be sweet and for a healthy salty snacks try some baked kale chips!

Smell Spices - Break out some spices from the cupboard and smell how they are different. Cinnamon, nutmeg, and pepper are among some that are easy to recognize and strong.