



Kitchen Science for Kids

Provided by:

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Information	Program Description
Kindergarten-5th Grade	Nutrition encompasses many science concepts. Some relate to the nature of food and some to how food is processed in the body. In Kitchen Science for Kids students will explore the sensory, physical, and chemical properties of food as well as nutrients as chemical components of food that their body needs to function.
Curriculum Format	Each lesson can be presented in 45-60 minutes. Teaching Guide with complete instructions is provided. Teaching Kit with materials needed to present lessons is provided. User may need to provide standard classroom supplies (pencils, scissors, glue). If a lesson requires perishable items (e.g. milk), user is responsible for these purchases.

Lesson	Overview
One: Sights in the Kitchen	Using their sense of sight, youth observe several chemical reactions and color changes that occur in the kitchen.
Two: Sounds in the Kitchen	Using their sense of hearing, youth identify various kitchen objects, the sounds they make and learn about pitch and loudness.
Three: Touch in the Kitchen	Using their sense of touch, youth observe kitchen objects, make comparisons about what they feel and communicate their
Four: Smells in the Kitchen	Using their sense of smell, youth observe kitchen objects, make comparisons and communicate their observations.
Five: Taste in the Kitchen	Using their sense of taste, youth compare, distinguish and communicate the difference between salty, sour, sweet and bitter.

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