

FOOD EXPLORERS

Step by Step — Learn about and taste different foods

Cheese!!!



Step 1

Mystery Food?

- Place one or two cubes of cheese in a paper bag. You could try using an orange and a white cube of cheese in the bag.
- Tell your students a mystery food is inside and they are going to solve the mystery.
- Have your students reach their hand into the bag and feel the food. Don't peek!
- Ask your students questions such as: How does it feel on the outside? Do you need to cook this first before you eat it? What does it smell like? What colour is it?
- Reveal the cheese.

Step 2

Explore the Food

Ask your students questions and use the stories from the read-aloud options below to explore this food.

Where does cheese come from?
Cheese is made from milk.

- Which cheeses have you tasted? *Cheddar, mozzarella, swiss, blue cheese, cottage cheese, and many more.*
- Do you know how cheese is made? Find out by watching the video [How Ivanhoe Makes Marble Cheddar Cheese](#).
- *Story options:*
 - [The King, the Mice, and the Cheese](#) by Nancy and Eric Gurney
 - [The World-Famous Cheese Shop Break-In](#) by Sean Taylor and Hannah Shaw

Step 3

Cook and Eat Together

- Use one of the recipes below or visit [Better Together](#) for other tasty ideas.

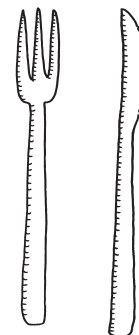


- [Aunty Lynne's Famous Cheese Biscuits](#)
- [Macaroni and Cheese](#)

Feel free to share what you did with your child's caregiver.

Did you use your own recipe?

Consider sharing it with the [Better Together](#) community.



Step 4

Journal the Experience

- Have your students journal their experience by writing or drawing what they learned about the food on a blank piece of paper.

