



## Healthy People, Healthy Planet

### Smell Jars

*A fun activity giving students a chance to identify foods by smell alone and then learn more about where these mystery foods grow.*

You will need;

- 6 smell jars (film canisters with holes punched in the lid)
- Basil
- Onion
- Garlic
- Parmesan Cheese
- Red chillies
- Ginger
- Poster (page 2)

To prepare the vegetables for the smell jars. The food should be chopped into small pieces – exposing as many surfaces as you can is the key to getting a really pungent odour! It is a good idea to stuff the jars  $\frac{2}{3}$  full with kitchen towel and place the food on top of it. This means the food is really close to the top so the smell is very strong.

You can introduce the activity as you like. As a suggestion, you can say that identifying food by sight would be pretty easy but, to make it a bit trickier, we are going to do it just by sense of smell.

It is good if the students can work in small groups of three or four for this activity and can discuss what food they may have.

Once they have all had a chance to sniff and discuss, see if they can identify the foods.

Once you have revealed the foods, ask the students if these foods can be grown or made in Scotland. Hold up the poster (page 2) to remind them what was in the jars.

### Answers

Onion - yes

Parmesan cheese - yes

Basil – yes (inside) outdoors all year round in tropical regions, very sensitive to the cold

Chilli – yes (inside) outside in S. America and Asia.

Garlic – yes

Ginger – yes (inside in summer) outdoors in tropical regions (India, Bangladesh, Pakistan)

This is interesting because, even the products which seem more exotic (e.g. ginger and chillies) can be grown here in Scotland under the right conditions. If you want, you can get the students to place on a map where these foods can grow naturally.

# Can we make or grow these products in Scotland?



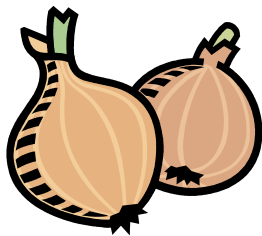
Basil



Garlic



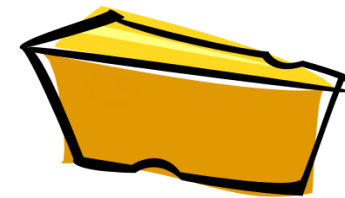
Chilli



Onion



Ginger



Parmesan  
Cheese