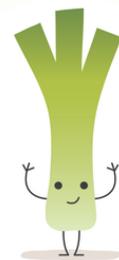


# SMELLING CUPS WITH LLEWELLYN LEEK



This is a fun activity using your sense of smell to experience different foods.

## WHAT YOU'LL NEED:

- 4 clean empty cups (paper cups with lids are ideal).
- A variety of foods e.g. garlic cloves, slices of banana, herbs such as mint, oregano or basil.



## HOW WE DO IT:

1. Place a different food in each cup put the lid on top.
2. Invite your child to smell each cup and see if they can guess what food is inside.

## LLEWELLYN'S TOP TIPS:

- Try shaking the cup before you take a sniff, it can help make the scent stronger.
- If you want to make it harder, try shutting your eyes before guessing what the smell is.



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