



THE XPLOR GAMES



PLAY XPLOR TO LEARN MORE

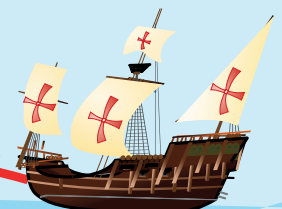


PEDAGOGICAL GUIDE

5 SANSER WORKSHOP



WWW.XPLORGAMES.NO



Created by Laurent Benguigui
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5 SENSES WORKSHOP

This exploration workshop offers children a myriad of possibilities to rediscover their 5 senses in a fun way and develop their taste's library. Through play, it becomes easier to introduce new ingredients especially when all the participants are gathered around the table to share a collective tasting session! Please use the following methodology to carry out this transdisciplinary workshop and how to use the games in your classroom, activity center or at home for parents.

Preparations of your culinary Xploration workshop.

1. The "Xplor fruit" pack comes with the basic version of the game, but if you buy the "Xplor food" expansion pack, you will be able to offer a second workshop on vegetables and spices!
2. Number of participants: It is possible to play from 2 to 8 players (or in teams of 2) but it is recommended 4-6 participants per table.
3. The duration of a workshop is approximately 1.5 hours and is done in two stages:
 - 30 - 45 minutes to play the game Xplor Fruits (or play Xplor food "to discover vegetables and spices)
 - 45- 60 min for the collective tasting session of all the ingredients brought back (after a long and perilous journey) by our little explorers that are now available today at home or in your classroom !
4. **Buy all the ingredients in advance!** Try to select many different fruits / vegetables, herbs and spices and if possible many exotics ones, wash and cut them into pieces and place them on small plates so that each explorer can bring back a plate and the related card of the ingredient to his port of departure. To help you with your purchase, select the ingredients on these tests tables that list more than 50 combinations of flavors and 20 exotic fruits. To anticipate your purchase, I have specially created a table by season that will allow you to purchase fresher, much better and perfectly ripe ingredients. As a reward for all participants, do not forget to buy dark chocolate bars.
5. Set up a game board on each table (4 -6 players)
6. Place each piece of fruit, vegetable purchased on different small plates and arrange them around the board games table close to the continent they belong to along with their descriptives cards. For example, place a small plate with some pieces of mango and the related red card on the table near Asia, the pineapple and its blue card near the Americas, the dates and its yellow card near the 'Africa etc. Do this operation of the purchased ingredients for each playing table.
7. Preparation of the explorer's card and the same color boat. To avoid conflicts between children to obtain one desired boat, I advise you to choose the explorer for them by placing one explorer card on each place. Then, place all the boats at the European departure ports (except the blue boat of Zheng He which will be positioned in China). Here you are, you are ready and it's time to welcome your little explorers!
8. Before starting to play, it is important to explain to the participants that they become a famous explorer of the 15th century and that they will soon discover "exotic" ingredients that appear so common today but that were unknown at that time! You will see, It will be difficult for them to conceive that did not exist in Europe our good potatoes, the chocolate, the vanilla, the strawberries and even the tomatoes from the Americas, the African melon, the Asian mango and the list is long... Not to mention the Asian spices like pepper, nutmeg, cloves which cost as much as gold at that time. When the player takes a seat , he must read his explorer's card and study his voyage with the same color.
9. Once a participant reaches the new continent, he must bring back to Europe an ingredient of his choice, always accompanied by his descriptive card. When all the participants have finished the game, it's time to start the collective tasting session of all the new ingredients discovered in the New World.
10. You will then become the master of the Ceremony by presenting each food item one by one (now grouped together on a single table) so that the children can evaluate the flavors of the mixtures using the 3 tables of tests of this guide. Because 80% of taste comes from smell, you have to use the methodology of the "wine tasting". Here are the 6 steps to successfully complete your 5 senses workshop and for each of the tasting's operation , ask the participants to:
 - A) "Watch" for a visual inspection of the ingredients
 - B) "Touch" to identify the texture of the presented food.
 - C) "Smell deeply" to identify the aromas thanks to the ortho nasal olfaction as described on the bottom figure of the tables
 - D) "Taste" and keep the food in the mouth for a long time to fully enjoy the flavors thanks to the retro nasal olfaction.(the same figure)
 - E) " Give a score" on each ingredient and the food pairings described.
 - F) "Analyze" the results! Participants will then understand that by combining the right spices with the right ingredients, they can improve the results. One particularly relevant example are the tests of the cocoa or the grapefruit and the lemon which I highly recommend buying to test them out. In fact, adding sugar to cocoa or grapefruit reduces the bitterness while adding sugar to the lemon reduces acidity. It is just magical to analyze the ratings of all the little explorers to notice that often the tastes of cocoa, grapefruit or lemon change from a rating of 1 when tasted alone to 9 with the addition of sugar!
11. You end the workshop by tasting the chocolate for everyone (and more for the winners) and read the card beforehand to finish learning that the cocoa is native from Mexico and that it recommended to add some crystal salt (fleur de sel) to increase its taste!
12. Each participant will receive the complete pack to continue their explorations and evaluations at home.

The educational pack is available online here: <https://www.xplorgames.no/workshops>

Happy Culinary Xploration!

Optional extra activity: Visit a local grocery store or farm with the children before starting your workshop above. If you want a longer workshop, you can always add this activity over a whole day or during a summer vacation camp. When the kids are involved in the selection of food, then they will be more enthusiastic about try the food and will take advantage of the visit to the farm tour to meet the farmers and learn where the food they eat comes from!





























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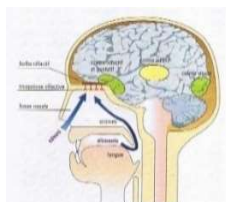
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5 SANSER WORKSHOPS MED XPLOREKSOTISKE FRUKTER

		Navngi, sett kryss på smakene og gi karakterene mellom 1 og 10	Opprinnelig fra:	 Score : 1 - 3	 Score : 3 - 7	 Score: 7 - 10	Smak: Salt	Smak: Søt	Smak: Syrlig	Smak: Bitter
1		PAPAYA	AMERIKA							
2		KOKOSNØTT	AMERIKA							
3		GUAVA	AMERIKA							
4		BJØRNEBÆR	AMERIKA							
5		GRANADA	AMERIKA							
6		PASJONFRUKT	AMERIKA							
7		SOLBÆR	AMERIKA							
8		RIPS	AMERIKA							
9		STARFRUKT	ASIA							
10		ASIATISK PÆRE (NASHI)	ASIA							
11		RAMBUTAN	ASIA							
12		POMELO	ASIA							
13		MANGOSTAN	ASIA							
14		LITCHI	ASIA							
15		DRAGON FRUKT (Pitahaya)	ASIA							
16		DURIAN	ASIA							
17		KIWI	ASIA							
18		KAKI (PERSIMON)	ASIA							
19		DADDEL	AFRIKA							
20		KVEDE	AFRIKA							
21		LIME	AFRIKA							
22		KIWANO	AFRIKA							
23		FIKEN	AFRIKA							




BUY XPLORE OR BOOK ONE WORKSHOP : WWW.XPLOGAMES.NO

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5 SANSER WORKSHOPS MED XPLOR FRUITS PAIRINGS

		Navngi, sett kryss på smakene og gi karakterene mellom 1 og 10	Opprinnelig fra:	 Score : 1 - 3	 Score : 3 - 7	 Score: 7 - 10	Smak: Salt	Smak: Søt	Smak: Syrlig	Smak: Bitter
1		TOMAT	AMERIKA							
2		TOMAT + BASILIKUM	AMERIKA							
3		APPELSIN	AMERIKA							
4		APPELSIN + NELLIK	AMERIKA							
5		JORDBÆR	AMERIKA							
6		JORDBÆR + BASILIKUM	AMERIKA							
7		JORDBÆR + PEPPER	AMERIKA							
8		SJOKOLADE	AMERIKA							
9		SJOKOLADE+MALDON SALT	AMERIKA							
10		KAKAO	AMERIKA							
11		KAKAO + SUKKER	AMERIKA							
12		AVOKADO	AMERIKA							
13		AVOKADO + KORIANDER	AMERIKA							
14		ANANAS	AMERIKA							
15		ANANAS + BASILIKUM	AMERIKA							
16		BRINGEBÆR	AMERIKA							
17		BRINGEBÆR + TIMIAN	AMERIKA							
18		PÆRE	ASIA							
19		PÆRE + SJOKOLADE	ASIA							
20		SITRON	ASIA							
21		SITRON + MINT	ASIA							
22		MANGO	ASIA							
23		MANGO + KORIANDER	ASIA							
24		GRØNNE EPLER	ASIA							
25		GRØNNE EPLER + KANEL	ASIA							
26		KAKI (PERSIMON)	ASIA							
27		KAKI (PERSIMON) + KANEL	ASIA							
28		KIRSEBÆR	ASIA							
29		KIRSEBÆR + PEPPER	ASIA							
30		BANANA	ASIA							
31		BANANA + KANEL	ASIA							
32		MELON	AFRIKA							
33		MELON + MINT	AFRIKA							
34		KLEMENTIN	AFRIKA							
35		KLEMENTIN+KARDEMOMME	AFRIKA							



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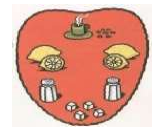
5 SANSER WORKSHOPS MED XPLORE FOOD PAIRINGS

	Navngi, sett kryss på smakene og gi karakterene mellom 1 og 10	Opprinnelig fra:	 Score : 1 - 3	 Score : 3 - 7	 Score: 7 - 10	Smak: Salt	Smak: Bitter	Smak: Syrlig	Smak: Bitter
1		TOMAT + HERBES DE PROVENCE	AMERIKA						
2		TOMAT + BASILIKUM	AMERIKA						
3		AVOKADO + KUMIN	AMERIKA						
4		AVOKADO + KORIANDER	AMERIKA						
5		POTETER + INGEFÆR	AMERIKA						
6		POTETER + ROSMARIN	AMERIKA						
7		POTETER + MUSKATNØTT	AMERIKA						
8		POTETER + HVITLØK	AMERIKA						
9		MAIS+SITRON+CHILLI PEPPER	AMERIKA						
10		RØDKÅL + EPLER	AMERIKA						
11		PAPRIKA + HVITLØK	AMERIKA						
12		PAPRIKA + KORIANDER	AMERIKA						
13		BLOMKÅL + CHILLI PEPPER	ASIA						
14		BLOMKÅL + KUMIN	ASIA						
15		ASPARGES + MINT	ASIA						
16		AUBERGINE+TOMAT+BASILIKUM	ASIA						
17		SOPP+HVITLØK+PERSILLE	ASIA						
18		GULROT + KUMIN	ASIA						
19		GULROT + KORIANDER	ASIA						
20		REDDIK + SITRON	ASIA						
21		REDDIK + SALT	ASIA						
22		AGURK + GRANADA	ASIA						
23		AGURK + MINT	ASIA						
24		RØDBETER + INGEFÆR	AFRIKA						
25		RØDBETER + KUMIN	AFRIKA						
26		RØDBETER + EPLER	AFRIKA						
27		PASTINAKK	AFRIKA						
28		PASTINAKK + KUMIN	AFRIKA						
29		BROKKOLI + PEPPER	AFRIKA						
30		FENNIKEL	AFRIKA						
31		FENNIKEL + SITRON	AFRIKA						
32		ENDIVER	AFRIKA						
33		ENDIVER + SITRON + SALT	AFRIKA						
34		SELLERI	AFRIKA						
35		SELLERI + HVITLØK	AFRIKA						
36		OLIVEN + CHILLI PEPPER	AFRIKA						
37		ARTISJOKK	AFRIKA						
38		ARTISJOKK + SALT	AFRIKA						



















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S SANSE WORKSHOPS MED XPLORE FRUITS PAIRINGS

-  **Jordbær:** basilikum, eple, sort pepper, sjokolade, koriander, mynte, sitron, vanilje
-  **Bringebær:** Aprikos, kanel, ingefær, sitron, nektarin, fersken, rabarbra, timian, vanilje
-  **Ananas:** Basilikum, rosmarin, sort pepper, sjokolade, koriander, mynte, sitron, vanilje
-  **Pære:** Mandel, eple, karamell, sjokolade, kanel, sitron, ingefær, hasselnøtt, vanilje
-  **Appelsin:** Mandel, basilikum, sjokolade, koriander, kanel, kaffe, mynte, ananas, vanilje
-  **Mandarin:** Kardemomme, kirsebær, sjokolade, kanel, kaffe, fiken, ingefær, vanilje
-  **Sitron:** Aprikos, kardemomme, kirsebær, ingefær, fersken, plomme, pære, tropiske frukter
-  **Kiwi:** Epler, banan, bær, kirsebær, sitrus, kokosnøtt, mango, tropiske frukter
-  **Grapefrukt:** Basilikum, sort pepper, karamell, sitrus, mynte, rosmarin, timian, vanilje
-  **Kokosnøtt:** Bananer, nøtter, karamell, sjokolade, sitrus, ananas, tropiske frukter
-  **Kirsebær:** Aprikos, svart paprika, sjokolade, sitrus, nektarin, fersken, plomme, vanilje
-  **Banana:** Karamell, kirsebær, sjokolade, kanel, kaffe, ingefær, hasselnøtt, honning, mango
-  **Aprikos:** Mandler, svart paprika, karamell, kardemomme, honning, appelsin, fersken
-  **Rabarbra:** Eple, aprikos, sort pepper, sitrus, ingefær, nektarin, fersken, plomme, jordbær
-  **Mango:** Koriander, eple, karamell, sitrus, kokos, melon
-  **Grenada:** Epler, sitrus, agurk, mynte, tropiske frukter

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5 SANSER WORKSHOPS MED XPLORE FOOD PAIRINGS



Basilikum: Kylling, biff, fisk, pasta, mozzarella, tomat, aubergine, squash, paprika, ananas, jordbær



Rosmarin: Lam, svinekjøtt, kylling, aprikoser, tomat, erter, gulrøtter, sopp, poteter, ananas, mango



Oregano: Kylling, fisk, svinekjøtt, mozzarella, aubergine, tomat, paprika, squash, sopp, oliven



Dill: Fisk, kylling, tomat, sopp, poteter, bringebær, appelsin



Timian: Fisk, kylling, kjøtt, tomat, poteter, epler, fersken, aprikos, sitron



Mynte: Lam, gulrøtter, agurker, poteter, squash, ananas, jordbær, melon, honning, sjokolade



Persille: Lam, storfekjøtt, kylling, hvitløk, sopp, aubergine, agurk, paprika, appelsin, bringebær



Koriander: Kylling, fisk, avokado, linser, tomat, paprika, gulrøtter, mandariner, rød frukt



Laurbærblader: Bønner, linser, poteter, tomat, sopp



Østragon : Kylling, biff, fisk, egg, gulrøtter, sopp, poteter, tomat, aprikos, jordbær



Herbes de Provence: Kylling, ost, biff, fisk, svinekjøtt, løk, poteter, tomat, paprika, aprikoser



Gressløk: Fisk, kylling, egg, ost, poteter, asparges, løk, agurk, epler



Sitrongress: Fisk, kylling, tomat, paprika, gulrøtter, kokos, bringebær, sitrus



Merian: Fisk, kylling, biff, spinat, tomat, aubergine, gulrøtter, asparges.



Kjørvel: Fisk, kylling, egg, ost



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SESONG FOR FRUKT OG GRØNNSAKER

Vinter (Desember - Januar – Februar):



Frukt: Papaya, pære, granateple, kaktuspære, Cherimoya, klementin, dadler, plommer, grapefrukt, persimmons, pomelo, banan, rips, mandariner, ananas, avokado, sitron, pasjonsfrukt, guava, kiwi, Lychee, Mandarin, Mango, Apple, Orange.

Grønnsaker: Endiv, rosenkål, squash, søtpoteter, rødbeter, brokkoli, kardong, gulrot, selleri, kål, blomkål, squash, spinat, salat, kålrot, løk, pastinakk, purre, gresskar, reddik, jordskokk.

Vår (Mars-April-Mai):



Frukt: Aprikos, kirsebær, melon, Cherimoya, jackfrukt. Limes, Lychee. Mango, appelsin, ananas, jordbær, rabarbra, banan, solbær, kirsebær, bringebær, melon, bjørnebær, eple, plomme.

Grønnsaker: Artisjokker, asparges, kirsebær, endiv, brokkoli, salat, chayote, squash, cherimoya, Gressløk, mais, fennikel, bønner, spinat, aubergine, rødbeter, gulrot, selleri, blomkål, rødkål, agurk, courgette, spinat, linser, kålrot, løk, purre, snøterter, paprika, reddik, Tomat.

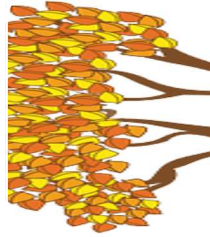
Sommer (Juni-Juli-August):



Frukt: Aprikoser, asiatisk pære, solbær, bjørnebær, blåbær, cantaloupe, druer, kirsebær, melon, durian, fiken, grapefrukt, jackfrukt, limes, longan, loquat, lychee, nektariner, pasjonsfrukt, fersken, Plomme, bringebær, Sapodillas. Sapote, jordbær, vannmelon, banan, kirsebær, rips, plomme, pære, eple.

Grønnsaker: Rødbeter, paprika, mais, squash, agurker, aubergine, tomater, grønne bønner, hjerter av palme, jalapeno, sjalottløk, hvitløk, artisjokk, aubergine, batavia, rødbeter, sveitsisk chard, brokkoli, gulrot, rosenkål, blomkål, Rødkål, agurk, sylteagurk, squash, courgette, vannkress, spinat, fennikel, salat, linser, mais, kålrot, løk, purre, paprika, reddik, salat, salsk.

Høst: (September-Oktober - November):



Frukt: Asiatisk pære (Nashi), Kaktuspære, Physalis, Epler, Tranebær, Feijoa, Guava, Jujube, Limes, Kumquats, Druer, Pasjonsfrukt, Pære, Persimmons, Ananas, Granateple, Kvede, Sapote, Sharonfrukt, Banan, Kastanje, Clementine, Kvede, Fig, Kiwi, Mandarin, Blåbær, Valnøtt, Oliven, Appelsin, Plomme.

Grønnsaker: Black Salsify, Broccoli, Spirer, Squash, Blomkål, Diakon Reddish, Hvitløk, Ingefær, Jalapeno Peppers, Artisjokk, Sopp, Spinat, Gresskar, Søtpoteter, Kålrot, Rødbeter, Brokkoli, Gulrot, Selleri, endiv, spinat, fennikel, salat, mais, kålrot, løk, pastinakk, purre, gresskar, reddik, jordskokk.

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