



Be a taste detective

What you need

Some foods to investigate:

- Mixed bowl of fresh fruit (such as banana, apple, orange, kiwi, pear, grapes, melon)
- Crunchy raw vegetables (such as carrot and celery)
- Strawberry or broccoli
- Peanut butter
- Hard boiled egg

Other items:

- Pen and paper
- Blindfold



Sally Brown and Kate Morris

Sally Brown and Kate Morris, from the Guild of Food Writers, have put together a taste experiment that will tantalise your senses and make you think more about the food you eat.

The way we experience food is an important part of enjoying what is on our plates. The five flavours (sweet, sour, bitter, salty, savoury/umami) that we sense on our tongues are only part of the process. Everyone tastes food differently. Some people love smelly cheeses, while others prefer plain pasta. You might like fresh coriander or it might taste like soap. This is normal and both are right. Try the fun steps below to experience your food in a different way and explore all the sensations it has to offer. You can do this on your own or with family. See how different your reactions are and write down some of the words you use to describe the flavours. These exercises will hopefully help you discover more about the food you eat and unlock greater sensations.

Sally Brown and Kate

Morris are two of the founders of the charity Flavour School, inspiring children to explore food with all their senses.



SUPER POWERED

There are people known as Super Tasters who have very sensitive sensors in their tongues.



Sound

Put a piece of carrot or celery in your mouth. Put your fingers in your ears and listen as you crunch. How does it sound? Is it quiet or noisy? Does it change as you chew? Write down your thoughts.

Touch

Put the blindfold on, pick up a piece of fruit and guess what it is. Try to explain how it feels. Is it rough or smooth? What shape is it? Take off the blindfold – did you guess what it was?



Smell

Take a teaspoon of peanut butter, hold your nose, and then eat the peanut butter. Now let go of your nose. Did anything change? How did not being able to smell affect the flavour?

Sight

Take a strawberry or a piece of broccoli and look really carefully at the surface. Use a magnifying glass if you have one. What does it look like? Can you find any clues about how it grew?



Touch and texture

Remove the shell from a hard-boiled egg, give the egg a squeeze then take a bite. Chew slowly and think about how the food feels between your fingers and in your mouth. What is the texture?

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