

# BIG QUESTION: Does sight influence taste?

## EXPERIMENTAL PROCEDURE

1. Set the scene by telling the story.
2. Make a list of foods that may include lemon, honey, vinegar, ice cream. Tell the children to divide the foods into categories under headings SWEET and SOUR. If possible use real food for the children to sample and compare.
3. Tell the children to work in pairs to expand on the list and include their own suggestions of foods.
4. Show either:
  - picture cards
  - or apples in two identical bowls
5. **ASK:** Which bowl do you think contains the sweetest apples, and can you explain why?
6. Tell the children to record their answers and their name on a Post-it note and to stick their post-it notes in a line or column in front of each bowl. This will create an instant visual bar graph of the results.
7. It is very likely that the majority of children choose the red apples as the sweeter apples.
8. **ASK:** Which sense did you use to make your decision?  
Slice up the red and green apples and ask the children to taste each one. They can conduct their own research, rating which they think is sweeter and compare their findings with their bar graph.

### FLAVOUR SENSATION SCIENCE:

We know from experience that red apples usually taste sweeter. As fruits ripen, they often go from hard and sour, to soft, juicy and sweet. With some fruits, you can tell they are ripe when they change in colour. During ripening, the green chlorophyll breaks down and a deeper, redder colour shows through. This can also be a reason why people think that red fruits will taste sweeter. Sight is the dominant sense when choosing food, we only have to look at a food to make a decision about what it might taste like and whether we want to eat it or not.

### SAFETY

If knives are being used to cut the apples, they should be used by an adult and kept in a safe place away from children. Guidance should be sought according to school safety policy. If taste testing is taking place, you must ensure you have up to date information relating to any food allergies children may have and take appropriate precautions.

## RESOURCES

- Picture cards of green and red apples in two identical bowls.

To download

## RESOURCES

- Apples in two identical bowls, one bowl containing unblemished green apples (Granny Smiths) and the other bowl with unblemished red apples.
- Lemons, honey, plain yoghurt, pickles.
- Post-it notes.

To source