



Have you ever wondered what it would be like to be the best in the world at something and own a world record? An Indian woman is the Guinness World Record holder for eating 51 of the world's hottest chillies in just two minutes! The crowd watched in amazement as the woman didn't even seem to notice the heat and the pain usually caused when eating this unusual food. For most people, eating a single seed from the chilli will cause watering eyes, a runny nose and a burning sensation in the mouth and throat that can last up to five hours. This exceedingly hot Chilli carries a fearsome reputation. Not only are its effects incredibly painful, but sadly, in a few cases, they have also proved fatal!



Have you ever eaten hot and spicy food?

How did it feel?

Why do you think it felt like that?

Did you like the sensation? If not what did you do to stop it?

NOW TAKE A SIP OF THE FIZZY DRINK

How long do you think you can keep the fizzy drink on your tongue?

Which children in the class have a high threshold for the pain associated with fizzy drinks?

What other foods can you think of that cause tingling, stinging, burning, cooling and irritation?

How many of you have cried when chopping onions?

