

BIG QUESTION: What is taste and what is flavour?

1. ASK: Can you describe the difference between taste and flavour?

2. Tell the children that they will take part in an activity to help understand the difference between taste and flavour. Working in small groups, the children will be told to listen very carefully to the instruction and to follow them precisely.

3. First tell the children that they need two hands free. Next, they should hold a spoon with their dominant hand. They should then hold their nose with their free hand and hold it there until they are told to let go. It is very important to emphasise that if they let go of their nose before being told, the experiment will not work!

4. You should open the pot of cinnamon sugar mixture. The children, still with nose held firmly, should take a spoonful of the mixture, put it in their mouth and allow the mixture to dissolve until they taste a SWEET TASTE. (Their noses must still be held firmly)

5. Tell the children to put their free hand in the air when they are able to taste a sweet taste. When everyone is in agreement, they can all let go of their noses.

6. The children will be able to detect the flavour of cinnamon (some may not recognise this flavour, but that is fine)

7. The point of the activity is to demonstrate that we can TASTE the 'sweet' in the sugar, but can only appreciate the 'flavour' of the cinnamon when we have released our nose and we SMELL the flavour.

8. Remind the children that we can all taste just five basic tastes: sweet, sour, salt, bitter and umami. (See B1, taste)

9. We can normally smell our food before we eat it and, as we eat, the food aromas travel up our nasal passages and send messages to our brains about the flavours we are experiencing.

10.ASK: Does our ability to smell affect the flavour of food?



EXPERIMENTAL PROCEDURE

OUTCOMES AND IMPLICATIONS:

Recent scientific research has calculated that the average person can detect one trillion different smells! Some of our most favourite smells are reported as being the sea breeze, cut grass, babies and flowers. How could we use some of these preferred smells to enhance our eating experience?



SAFETY

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.