

BIG QUESTION: Does smell influence our tasting?

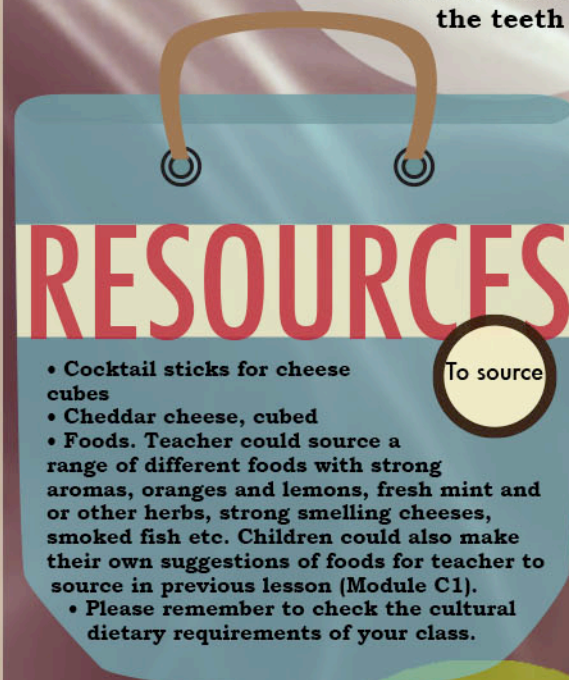
EXPERIMENTAL PROCEDURE

- 1. Recap** the previous activity (module C1) where we learnt that the flavour of food is largely due to its smell.
- 2. Explain** to the children that they are going to explore how smell can change the flavour of food.
- 3. Holding** their noses, children should each eat a cube of cheddar cheese.
- 4. ASK:** How would you describe the TASTE of the cheddar cheese with your nose held?
- 5. Tell** the children to release their nose.
- 6. ASK:** How would you describe the FLAVOUR of the cheddar cheese now you have let go of your nose?
- 7. This** demonstrates the difference between taste and flavour (see module C1 blocked nose).
- 8. Tell** the children to take a second cube of cheese, but this time they smell an unknown smell under their nose while they eat the cheese (shallot/onion flavour, but do not tell the children what it is!)
- 9. ASK:** How would you describe the flavour of the cheddar cheese now?
- 10. Most** people will say that the flavour of the cheddar cheese has changed to cheese and pickle/ cheese and onion.
- 11. Set** the children the task of investigating how different smells can affect or improve the flavour of food. For the smells, they could use any food or herb/spice with a strong aroma.
- 12. Working** in small groups, they should devise their own question to investigate, for example: How does eating a piece of apple while smelling a lemon change the flavour of the apple? Can we identify the flavours of different fruits while smelling peppermint?
- 13. On** completion of their independent investigations, each group should present their findings to the class.



N/C link LKS2:

Children should describe the simple functions of the basic parts of the digestive system in humans. Elsewhere, they should explore the rest of the digestive system parts, through activities such as modelling the digestive system, this should include work on the teeth



WHAT NEXT?

Is it possible to liven up instant mashed potato and make it more flavoursome? Alternatively, they could investigate the future of food or research new ways of appreciating food using different smells to enhance flavour.