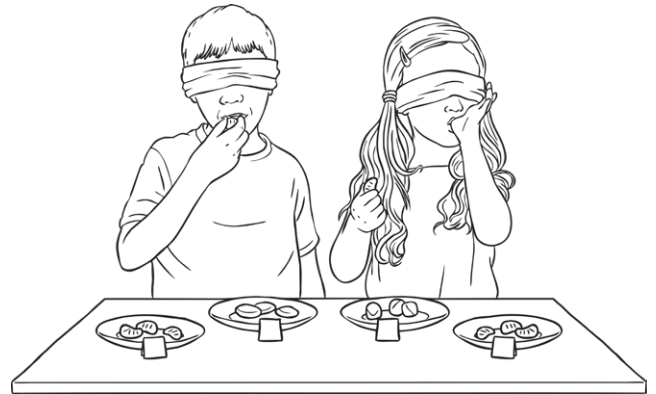


Do a Blindfolded Taste Test Activity

Have you ever tried to taste a food without looking at it or smelling it? Your nose and mouth are connected through the same airway, which means you can taste and smell foods at the same time. Your sense of taste can recognise a variety of different flavours including salty, sweet and sour but when combined with your sense of smell, you can recognise many other tastes. When you have a cold or a blocked nose, your brain's ability is limited, making it difficult to tell the difference between certain foods.

You Will Need:

- A small piece of peeled, cooked potato
- A small piece of peeled apple
- A small piece of peeled pear
- A blindfold



Method:

1. In pairs, choose who will go first to be blindfolded. The second person is to help their blindfolded partner complete the experiment.
2. The first person completing the experiment is to hold their nose and place a bandage over their eyes.
3. Mix up the pieces of potato, apple and pear so your partner will not know which is which.
4. Hand pieces to your partner to taste and feel (the pieces of potato, pear and apple), label each piece: Piece 1, Piece 2 and Piece 3.
5. Using the 'What Does It Really Taste Like?' activity sheet, record the responses from your partner, including guessing what it is, one word to explain what it tastes like and if it feels soft or hard.
6. Repeat the steps above with your partner as the tester.

What Does It Really Taste Like?

Partner 1	Potato, apple or pear?	One word to explain what it tastes like?	Does it feel soft or hard?
Piece 1			
Piece 2			
Piece 3			



Partner 2	Potato, apple or pear?	One word to explain what it tastes like?	Does it feel soft or hard?
Piece 1			
Piece 2			
Piece 3			