



Journeys in the Spirit

Children's work

Additional resources 69.A

Engage

More things to taste



Here are some more things to taste to get everybody exploring different types of taste and how fantastic the range of tastes is:

Try providing different kinds of milk and asking the children to identify them: cow, goat, sheep, UHT, evaporated, rice, coconut, almond, soya. Label each jug A, B, C etc and give out sheets with the letters on. Ask children to write, if they can, which one is which – younger ones may need help. Ask who liked the tastes or not. Again, those who don't want to taste can guess by smell and maybe lick.

Do the same with dried fruit and berries: pieces of pear, apples, apricots, prunes, raisins, cranberries, sour cherries, etc.

Wonder whether colour makes a difference to how things taste: pale carrots, bright green or orange cauliflower (Romanesco), orange or striped tomatoes. Offer small pieces to taste.

Wonder whether their taste buds can identify differences in similar foods.

Ask whether a child would like to taste something with eyes closed, and offer it on a spoon. Has the child guessed correctly? Wonder whether we need to see what we are going to eat.



Wonder whether food can be tasted if it is covered in something else – vegetable crudités in a variety of dips, nuts covered in yoghurt or honey. Ask how they were able to know. Talk about texture.



Children may be keen to talk about favourite foods, what foods they like for birthday and other parties and celebrations. They will want to share stories about food allergies, what food made them vomit etc. Older children might like to discuss the differences in a variety of diets eg Middle Easterns, Indian, Thai etc. They will be aware of the controversy surrounding junk food, factory farming and GM crops.

All these activities give the child the opportunity to savour food and to wonder at its variety and the ability of the taste buds to identify so many subtle flavours.



Journeys in the Spirit

Children's work

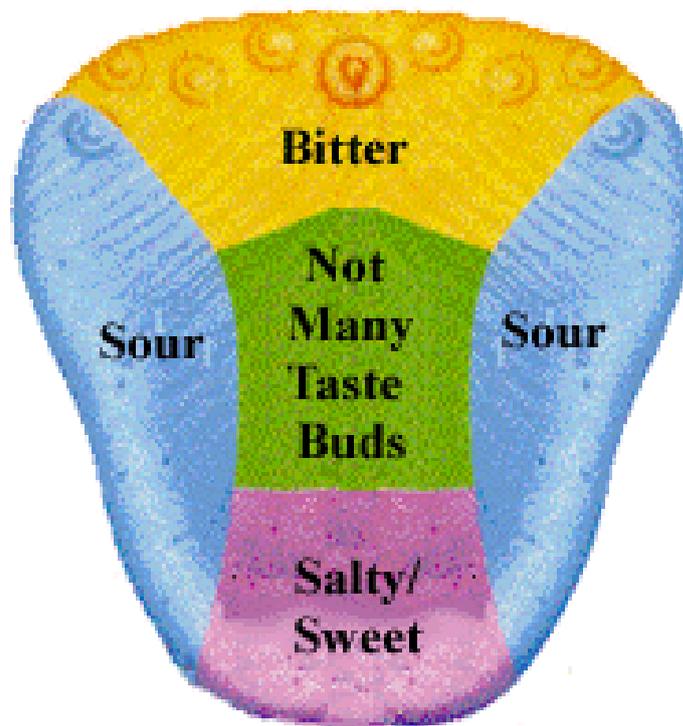
Additional resources 69.B

Engage

Taste buds on the tongue



We have almost 10,000 taste buds inside our mouths; even on the roofs of our mouths. Here is a picture of what we taste where on our tongues:



Interesting facts about taste buds and weird questions to ask:

Insects have the most highly developed sense of taste. They have taste organs on their feet, antennae, and mouthparts.

Fish can taste with their fins and tail as well as their mouth.

What would it be like if we could taste with our hands?

What it would it be like if we could taste with our feet?

What would it be like if we could taste with our hair?