

SPHE

Lesson: Taste Test

Discuss:

Recall the five senses, reminding your child of her sense of smell discussed last week.

Ask your child how does she taste things- what part of the body is used to taste?

Explain that her tongue is covered in thousands of taste buds. Encourage her to feel her tongue with her little finger.

-How does it feel?

-Is it smooth or rough?

Ask her if she knows any tastes:

-What is the main taste when you eat sweets? (sweet)

-Do you know what is sprinkled on crisps to give them their flavor? (salt)

-What does a lemon taste like? (bitter)

-Have you ever tasted milk when it has gone off? (sour)

Taste test to explore each taste:

Explain that these are the four basic tastes- salt, sweet, sour, and bitter.

Your child could try tasting different foods to explore these tastes.

Describe how each food tastes.

Name some foods for each of the four tastes.

-Which tastes do you like?

-Which tastes do you not like?

Ask your child to name some of her favourite foods.

-When we are cooking dinner, can you tell what food is being cooked without looking at it? How?

Explain that our sense of taste and smell are linked. When we smell a food, the nerves in our nose send a message to our brain to help us identify it.

Taste test and worksheet:

If your child likes the food she tastes, she draws a smile on the worksheet. If she does not like it, she draws a frown. If she thinks it is ok she draws a small straight line.

Encourage your child to taste four different foods and record her reaction on the worksheet labelled A, B, C, D. Write or draw the name of the food and indicate whether she liked the taste or not.

-What might happen if we only ate foods we like all the time? What if we ate sweets all the time? Would that be good for us?

Encourage your child to realise that for good health we need a balance in our diet and that variety is important. Some foods are necessary for our bodies to grow strong and healthy. Ask your child:

-Do you know what foods are good for our bodies/ teeth/ bones?

Safety message:

Talk to your child about how our sense of taste can alert us to danger. If we taste something that is sour, it alerts us that we shouldn't eat or drink it.

-How do you know when something doesn't taste right? What should you do?

Reinforce this safety message:

**Never taste or put anything in your mouth that you are unsure of.
Check with an adult first.**

Extension: Imaginative Play

Set up a Food Shop or Restaurant at home using props, labels, empty containers, cutlery, menus, whatever would be present in a shop or restaurant. Play in role as customers, shopkeepers, waiters, chefs etc. Have fun!