



# TasteWiseKids

at Home

## Activity: Becoming a Sensory Sleuth

*Now it's time to become a Sensory Sleuth – right in your kitchen. We are sharing 2 activities to try, feel free to try one or both! This is a key activity during Day #1 of our Days of Taste program.*

### **Activity 1: Identifying the 4 tastes**

#### **Materials for Activity**

- 4 cups
- water
- about 1 tsp of each:
  - sugar
  - salt
  - lemon or lime juice (if you don't have these get creative – do you have grapefruit juice?)
  - unsweetened coco powder (or cold brewed coffee can work too)
- cards/small pieces of paper with “salty”, “sour”, “sweet” and “bitter” (optional – helpful for younger learners)

#### **Set Up**

**NOTE:** The set-up is best done before kids are involved so they don't know what is in each cup.

- Pour  $\frac{1}{4}$  cup of water into each of the 4 cups.
- Add 1 tsp of one ingredient into one cup.
- Stir until mixed/dissolved (you may need to add a little extra of the coco powder to get the bitter flavor).
- Repeat with the other 3 liquids.

## **Instructions**

- Have your child taste one cup at a time.
- Ask him/her to identify which of the four tastes was represented.

## **Debrief/Key Points from activity:**

- While many kids will like sweet the best, there is no “right” or “wrong” answer to what they like most or least.
- To extend this activity, you can then have kids try to combine two of the liquids to make a more balanced “drink” – try adding a bit of the sugar water and the cocoa powder water together, etc.

## ***Activity 2: Fridge Dive + Labeling similar tastes***

### **Materials for Activity**

- Small pieces of paper with “sweet,” “salty,” “sour,” and “bitter,” written on them
- Pencil
- 5-10 food items in your kitchen (more is of course welcome)

## **Instructions**

- Explore your fridge and cabinets for foods you think might be salty, sour, sweet and bitter. It helps if you pick simple, single ingredients (*ex. Chocolate chips instead of a chocolate chip cookie or strawberry yogurt instead of a smoothie*).
- Start with 5-6 food items. Lie them all out on the table.
- Taste one food item at a time. Try to identify which of the four basic tastes best represents this food item.
- Place the foods with similar tastes next to each other. Use a piece of paper to label each group. You do not need to have the same number of food items in each group – what’s important is that you are exploring your sense of taste.
  - If you don’t have one taste represented, see if you can go back to find something of that taste. Or just brainstorm what might go in the group even if you don’t have it at home.

## **Debrief/Key Points from activity:**

- It can be easier to identify tastes in some foods than others.
- The four tastes can be recognized in a variety of foods (not just spices, fruits, etc.).
- All flavors – and all foods – are made up of some combination of these tastes.