

Fun Food Science

Let's all learn about the wonderful world of foods, flavours and our senses. This fun and interactive science experiments allows kids to taste and experience new foods and flavours in a fun way. Parents/Guardians/Teachers you can use this free to download printable to help your kids record their scientific findings and experiences.

For these experiments, you can use any food items in your cupboard, or if you want to get your kids to try new foods, you can get single fruits or vegetables from the super market. The more variety of foods you can expose your kids to, the more fun they will have.

To make it more exciting, you can cut fruits and vegetables into various shapes, lay them out in a fun way or simply sort them into their groups using muffin pans or cupcake wrappers.

What are our Five Basic Tastes?

Sweet, Sour, Salty, Bitter, Savory

What foods are in these groups

Sweet Foods

Sugar
Cake Icing
Red Grapes
Syrup
Jam
Sweet Potatoe
Honey
Strawberries
Candy
Fruit Juice
Cake
Jelly beans
Red Apples
Bananas
Tin Peaches
ice cream
Jelly
Milk Chocoalte
Nutella
Peanut butter

Sour Foods

Grapefruit
Kumquats
Lemons
Limes
Oranges
Rhubarb
Fresh Cherries
Fresh Granadillas
Gooseberries
Cranberries
Vinegars
Plain Yogurt
Cream Cheese
Sour Cream
Maas
Guava
Green Mango
Green Apples
Star Fruit
Strawberries
Pickles
Marmite

Salty Foods

Pretzels
Salt Potato Chips
Biltong
Bacon
Salticrax
Soy Sauce
Processed Meat
Preserved Olives
Fries

Savory Foods

Mushrooms
Green Tea
Seafood
Carrots
Potatoes
Nuts
Beans
Meat Broth
Asparagus
Bovril

Bitter Foods

Coffee Granules
Dill Herb
Kale
Sesame Seeds
Turmeric
Ginger
Grapefruit
Peppermint
Cocoa
Green Tea
Brussel Sprouts
Citrus Peel
Club Soda
Baking Chocolate

Parents/Guardians/Teachers, did you know that childrens tastes will change as they grow up? from the age of just a few months, to the age of 5 years old, our children will chop and change the foods they like as they learn more about visual, texture and tastes of the foods you expose them too. The more you show them, the more they learn and try new foods.





















It is normal for a small child to like a food one day and dislike it the next, we need to keep patience in mind when trying new foods.

Name: _____

Date: _____

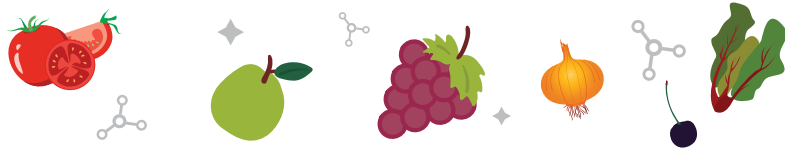
Facial Expressions, Colour and Taste:

You will need: A small mirror, one type of food for each food group; Sweet, Salty, Sour, Bitter and Savory. Colour pencils.

It was a ..	Colour	My face..    	It tasted..
It was a ..	Colour	My face..    	It tasted..
It was a ..	Colour	My face..    	It tasted..
It was a ..	Colour	My face..    	It tasted..
It was a ..	Colour	My face..    	It tasted..

Spelling: sweet, sour, salty, bitter, hot, spicy, good, bad, yes, no, gross, red, orange, yellow, blue, green, pink, purple, brown, black

In this test, choose 1 food from each of the food groups; Sweet, Salty, Sour, Bitter and Savory even hot. The kids must then record the name of the food and its colour. They can then taste the food while looking into a mirror and colour in the corresponding face and write down how it tasted.



Trying food is fun!



Smell, Taste, Experience: You will need: A blindfold, any 5 smelly foods. Colour pencils.

----- You will need an assistant to help here -----

It smells like a..	It tastes like a..	Blindfolds off	It was a..
It smells like a..	It tastes like a..		It was a..
It smells like a..	It tastes like a..		It was a..
It smells like a..	It tastes like a..		It was a..
It smells like a..	It tastes like a..		It was a..

In this test, choose any five fruits, vegetables, sweets, spices that have a strong smell. Blind fold the kids and let them smell the food item and tell you what it smells like (any answer is fine), now let them taste it and tell you what it tastes like. You will need to fill in the first two blocks. They can then remove their mask to see what they actually ate and write it down.

Name:

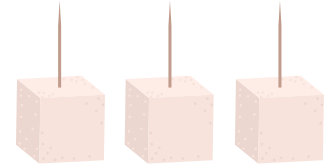
Date:

Sight, Taste, Senses:

You will need foods that look similar when prepared, a blind fold and nose bug/pinch the nose. The person who is preparing the food will need to complete section B as the person who is tasting will be blindfolded. The taster must not know the foods until the end.

You will need:

- 3 pieces cubed apple
- 3 pieces cubed pear (with peel/skin removed)
- 3 pieces cubed potato (with peel/skin removed)
- 3 toothpicks (use a felt tip koki to colour each)



Round 1: EYES AND NOSE CLOSED, Can you guess the fruit or vegetable you are eating?

Section A

It tastes like a ..

It tastes like a ..

It tastes like a ..

Was it right?

YES NO

Was it right?

YES NO

Was it right?

YES NO

Section B

Assistant fill in:
Food option 1

Assistant fill in:
Food option 2

Assistant fill in:
Food option 3

Round 2: EYES CLOSED, Can you guess the fruit or vegetable you are eating?

Section A

It tastes like a ..

It tastes like a ..

It tastes like a ..

Was it right?

YES NO

Was it right?

YES NO

Was it right?

YES NO

Section B

Assistant fill in:
Food option 1

Assistant fill in:
Food option 2

Assistant fill in:
Food option 3

Round 3: EYES AND NOSE OPEN, Can you guess the fruit or vegetable you are eating?

Section A

It tastes like a ..

It tastes like a ..

It tastes like a ..

Was it right?

YES NO

Was it right?

YES NO

Was it right?

YES NO

Section B

Assistant fill in:
Food option 1

Assistant fill in:
Food option 2

Assistant fill in:
Food option 3



Explanation:

We rely heavily on our sight to make sense of our surroundings, so if we cover our eyes we can trick the brain.

It is very hard to distinguish between apple, pear and potato when they all look the same.

WOW! I love all the smells

Taking away the sense of smell then makes it even harder to distinguish between all three.

The nose and mouth are connected through the same airway which means that you taste and smell foods at the same time.

Their sense of taste can recognize salty, sweet, bitter, sour and spicy, but when you combine this with the sense of smell they can recognize many other individual 'tastes'.

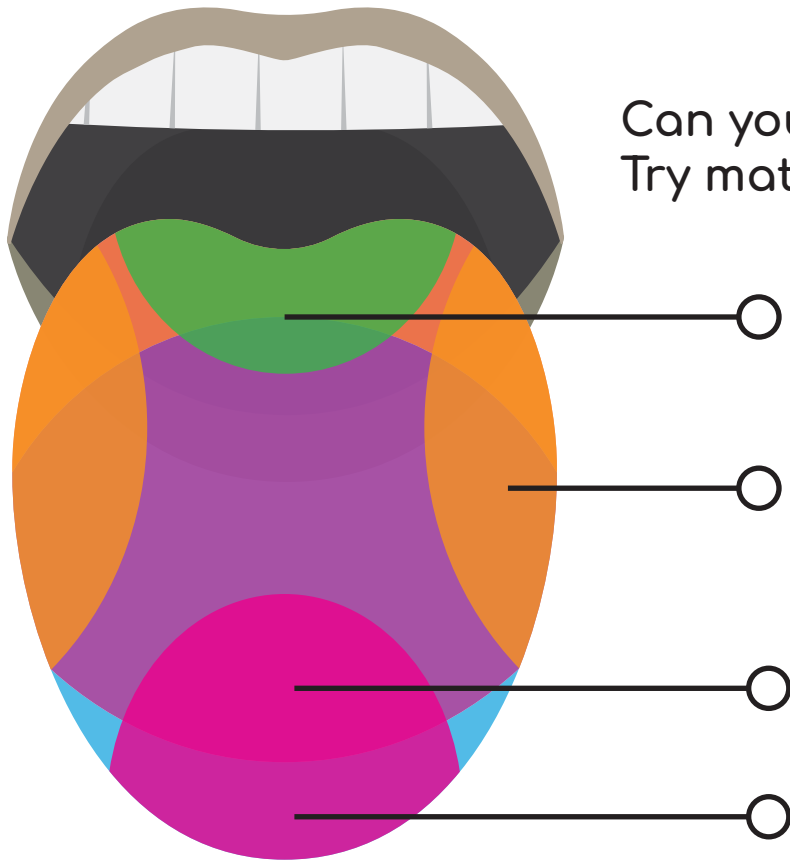
Take away smell and sight and you limit your brain's ability to tell the difference between certain foods.

Name:

Date:

Thought, Taste

You will need one type of food for each food group; Sweet, Salty, Sour, Bitter and Savory.
Colour pencils.



Can you feel where each taste is?
Try match them up.

- Sweet
- Sour
- Salty
- Bitter
- Savory

When you give your child each of the taste groups, ask them to match up where on the tongue they can feel the sensation of sweet, sour, salty, bitter and savory. They must then draw a line to join the word with where they can feel the strongest sensation.

* NOTE: children under the age of 4 may have difficulty with this experiment.

Fun Facts:

Our likes and dislikes of food changes as we get older. Children under the age of 5 are developing and learning about foods and tastes, and have very specific likes and dislikes. Whereas children 5 and older are more accepting of new foods and trying new flavours. So don't get frustrated if your toddler does not enjoy this science experiment.



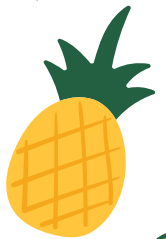
Name:

Date:

Make a super cool food monster:

Combine any 3 ingredients you have tasted to make one really crazy food monster!

Draw your food monster:



What is your food called? _____

How did it taste? _____



Did you have fun? Share it with us on Facebook. We would love to see your creations.

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