

Taste Not, Want Not?

Ages 3 and up

Time: 10-20 min.

Stuff you need from home:

assorted jellybeans or juice in different flavors

a partner

What to do:

Set out the jellybeans or juice in separate cups. If you can't remember which flavor is which, you can always label them somewhere.

Pinch your nostrils shut with one hand and close your eyes. Have your partner select a jellybean and hand it to you.

Take a bite - what does it taste like? Is there any taste? Let go of your nose and try again. Can you taste it now?

Did you know?

Most of what you think of as your sense of "taste" is actually from your sense of smell! When you have a stuffy nose, most foods seem bland or tasteless.

Your tongue can only taste five distinct flavors: sweet, salty, sour, bitter, and "protein" (also known as umami).

