

# TASTE SHIFTING

## CABOT TRAIL Creative Expression



### THE ADVENTURE:

Your tongue classifies everything you eat as a combination of five flavours: sweet, salty, bitter, sour and savoury. Mixing different foods and flavours can impact the whole eating experience – too much salt can take your lunch from yum to yuck in an instant.

What happens when you mix sweet honey with a sour lemon? Or add salt to a sweet cantaloupe? Explore your sense of taste by mixing different foods together and sampling the result.

### PLAN:

- What do you know about how you taste food?
- What words do you use to describe how something tastes?
- What foods with very distinct flavours do you want to use in this experiment?
- How can you change the way something tastes? What will you use to make changes to food in this experiment?
- What foods will you sample from each taste category?
- How will you pair these foods together to create different tastes?

### SAFETY TIP:

- Do any members of your Troop have allergies? Keep everyone safe by avoiding those foods. Do you know how to use an EpiPen?

### DO:

- Mix two foods from different taste categories together, and sample the result.
- What happens when you add salt to your cantaloupe or cucumber?
- Vinegar is very acidic, and baking soda has a salty/bitter taste. What happens when you mix the two together?

### REVIEW:

- What do you know now that you did not know before?
- How did your pairings change the taste of each food?
- What foods tasted the best to you? The worst?
- How do your favourite tastes compare to those of the rest of your Patrol?
- What elements of STEM were in this adventure? Science? Technology? Engineering? Mathematics?
- What did you like about this adventure? What did you not like? How would you do this adventure differently?

### ONLINE RESOURCES:

- Why People Taste Things Differently
- Why Salt Enhances Flavor
- Miracle Berry Fruit

