

# EXPLORING THE FIVE BASIC TASTES



## Materials Needed:

- Sweet food (raw sugar, maple syrup, honey, berries, pineapple, banana)
- Salty food (pretzel sticks, crackers, whole grain tortilla chips)
- Sour food (lemon, lime, plain Greek yogurt, pickle, raw cranberries)
- Bitter food (arugula, kale, olives, unsweetened cocoa)
- Savory food (cheddar cheese, parmesan cheese, soy sauce, ripe tomato, mushroom)
- 5 index cards
- Pen or marker

## Activity:

1. Write sweet, salty, sour, bitter, and savory on individual index cards.
2. Place the cards on the table in front of your child and explain each taste to your child.

For example:

- a. Sweet tastes are caused by sugars. Some examples of sweet foods are fruit, syrup, honey, and candy.
  - b. Salty tastes are caused by salt. When you eat something salty you may become thirsty. Some examples of salty foods are salt, pretzels, chips, and crackers.
  - c. Bitter tastes might be unpleasant at first. Some examples of bitter foods are coffee, unsweetened cocoa, olives, or kale.
  - d. Savory foods are full of flavor. Examples include meats, cheeses, soy sauce, broths, or aged cheeses.
3. Show your child a plate with one food from each taste group.
  4. Ask your child to taste the foods, one at a time, and identify the taste. Then place the food in front of the correct card.
  5. Repeat with all five tastes. You can also repeat with different foods from each group.

