

Tasting Stations with SoFAB!



Directions: We all get stuck in a rut saying things are good/bad, gross/yummy. Especially with foods we don't like we might say they are gross, but that is not very kind to the people who took the time to make our food for us. To show care, we need to have courage! Be brave and try new foods! It's okay to not like something, but we still need to be kind in the words we say, and push ourselves to bravely try new foods.

We have 4 main taste areas on our tongue and each food we eat reacts with our tastebuds in these areas differently. At each tasting station try and go beyond good/bad. Use the words below to help you come up with different answers to the question "what does it taste like?"

Print these two pages and give your child a marker. On three plates, cut small pieces of unrecognizable food outside of their package and place enough on each plate for each child to try. You can put this all on one table, or spread it out around the house like a scavenger hunt. Mark each place station #1, #2, #3. Kids can either do the stations together or separate. At the end ask them to share their answers. You can find a lot of pictures online of how where the main taste buds are located on the tongue, but the science has changed recently and is a little more complicated for our younger kids so I did not add any to this activity. Feel free to search for pictures that you feel would work for your child's age!

Tasting Stations! Name _____

Station #1

What does it smell like?

What does it taste like?

What do you think it is?

Station #2

What does it smell like?

What does it taste like?

What do you think it is?

Station #3

What does it smell like?

What does it taste like?

What do you think it is?

Taste Synonyms

Sour:

Sour can be found in a lot of fruit candies, and often in citrus like lemons and limes. It makes your mouth pucker.

Synonyms:

- Tart (sharp or acid in taste)
- Vinegary (tastes like vinegar, or how vinegar smells)
- Acidic (has an acid taste like citrus and makes your lips pucker)
- Cutting (sour is the main taste you get when you try it; it cuts through the other tastes in the food)
- Biting (the sour taste has a bite to it; it's the main taste you get after eating the food)

Bitter:

Bitter can be close to sour and can make your mouth pucker, but leaves it feeling dry. Common bitter foods are dark chocolate and black coffee.

Synonyms:

- Harsh (rough or jarring, it takes you a back where you straighten up in your chair and blink your eyes, maybe shake your head after you eat it).
- Acrid (like that taste in your mouth after you eat burnt food)
- Dry (leaves your mouth feeling like a desert after you eat/drink it)

Sweet:

Sweet tasting things are some of our favorites because our brains love what sugar makes us feel, even if our bodies do not. Sweet often makes you want more, makes your mouth water and feel wet after you eat it.

Synonyms:

- Syrupy (tastes thick and concentrated, like all of the sweetness is in one spot. Like maple syrup or honey)
- Cloying (too sweet, it's almost unbearable how sweet it is and there is no relief from it from other ingredients in the food)
- Nectarous (makes your mouth water. Is juicy even if it's not fruit, it makes you feel like it's juicy like the middle of a plum)
- Decadent (it tastes over the top, fancy and rich. Usually used with chocolate and creams that just melt.)

Salty:

Also one of our favorite things, that is why it pairs so well with sweet things! Salty also makes our mouths water, and can be as pleasant to our brains as sweet. The French say you either have a sweet tooth or a salt tooth.

Synonyms:

- Savory (leaves you wanting more, you savor it. Usually the opposite of sweets/desserts, used with meat, breads, cheeses)
- Briny (like pickle juice, it tastes like liquid with a high salt content and few other flavors, salt is the main punch)
- Course (like salt on a pretzel, you can actually taste the feel of the granules or chunks of salt)