

Play with your senses

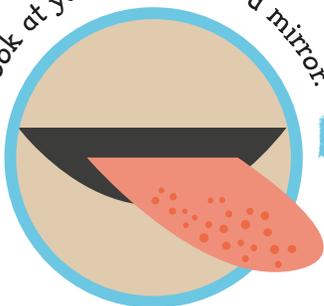
When you eat, **all your senses** work as a **team** to tell your **brain** about what you're eating. Try these **kitchen experiments** to find out how **important** each of your senses really is.



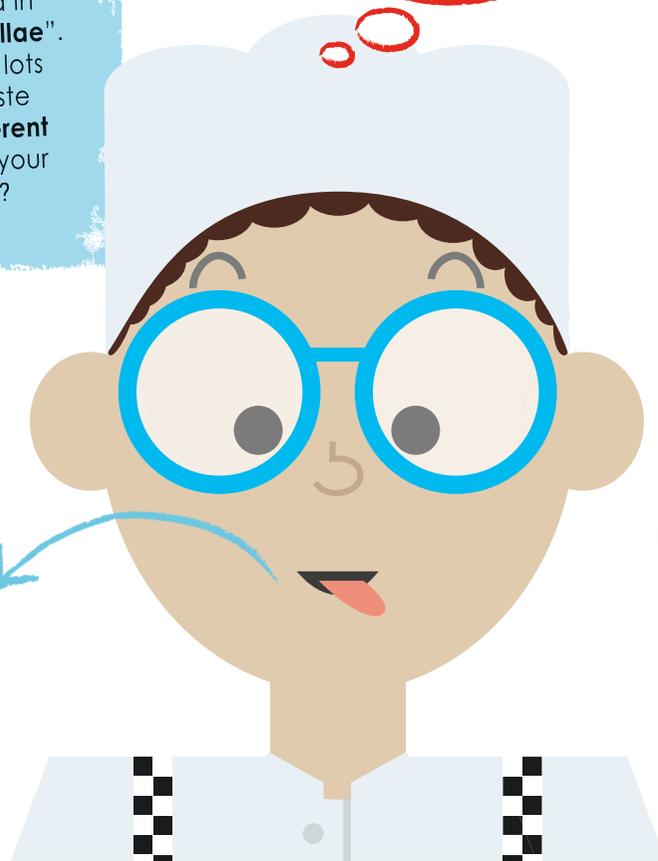
Taste

Your **tongue** is covered in little bumps called "**papillae**". Inside the papillae are lots of **taste buds**. Your taste buds let you taste **different flavours**. Can you see your **papillae** in a **mirror**?

Look at your tongue in a mirror.



Children have more working taste buds than adults.



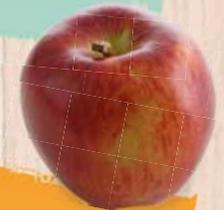
Touch

The inside of your mouth can **feel** the different **textures** of food. Eat a **soft** slice of bread and a slice of **crunchy** toast. Which do you like **better**?



Hearing

Lots of food makes **sounds** as you **chew** it. Try eating **crunchy** food with your **hands over your ears**. Does this make a difference to the way the food **tastes**?



Sight

Your **eyes** give you clues about food before you eat it. Wear a **blindfold** and **try** different foods. Can you **guess** what you're eating **without seeing it**?



Begin to learn about your senses with these fun kitchen activities.

Suitable for 0-5 years

Content from: *Look I'm a Cook*
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