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?

Children have more working taste buds than adults.

**Smell**

Your sense of smell is even more sensitive than your sense of taste. Try smelling an onion before taking a bite from an apple. Does it change the taste?

**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.