

Vegetable Tasting





**WHAT
DO I
TASTE?**

What is "Taste"?

Taste is one of our five senses and one of the building blocks of flavor. Our tongue senses 5 basic tastes:

SWEET

SALTY

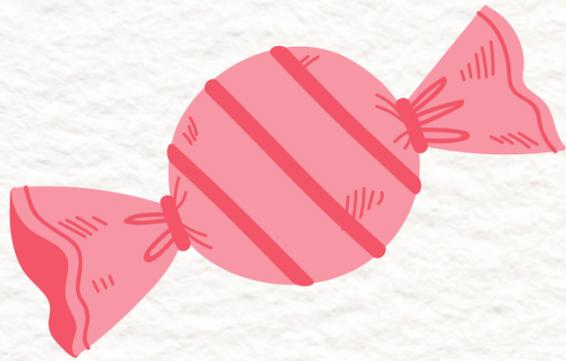
SOUR

BITTER

UMAMI

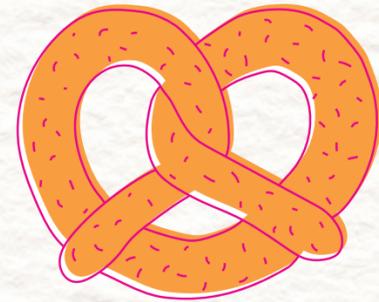


TASTES



SWEET

Contain a form of sugar called "carbohydrates". The sugar helps us identify ripe and safe foods to eat. And it gives us ENERGY!



SALTY

Salt helps our nerves and muscles work properly, so we can feel and move.



SOUR

Sour foods have a common trait called "acidity". Eating sour foods helps our stomachs digest our food.

TASTES



BITTER

Bitterness can be described as a sharp, pungent, or having a disagreeable flavor. But bitter foods like spinach, kale, and nuts are very healthy!



UMAMI

Japanese word that means a "pleasant and savory taste." These foods are rich in protein which helps your body grow and heal.

Which taste?



ORANGES



SPINACH



POPCORN



TOMATOES



Can you think of a
SWEET fruit or
vegetable?



Can you think of a
SALTY food?



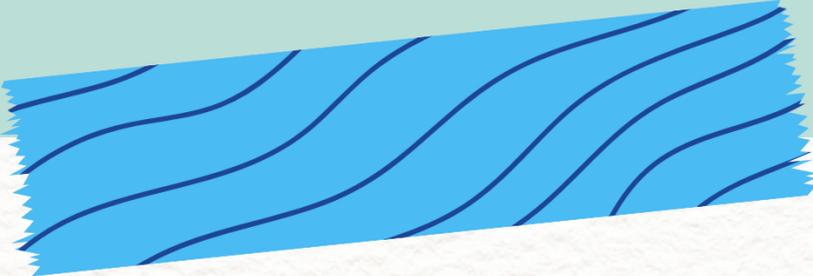
Can you think of a
SOUR fruit or
vegetable?





Can you think of a
BITTER food?





Can you think of a
UMAMI food?





Flavor and Taste | Museum of Food and Culture

Share

Watch on  YouTube



Activity

Today, we will taste the



Vegetables

and

salty

bitter

sweet

sour

umami

5 Taste Ingredients



Tasting



Try

Taste each vegetable.

Do you like, dislike or are not sure/neutral about it?

Add

Now, we are going to try our vegetables with our 5 taste ingredients.

What do you think about the taste now?

Celebrate!

It's difficult to try new foods. Congratulate yourself and your friends for trying something new today!