



Taste vs. Flavor

Part 1

When someone asks, “How does your food taste?” what they’re really asking about is flavor. Our tongues can sense just five tastes: sweet, sour, salty, bitter, and umami. Flavor combines this taste information with smell or aroma—sensed by the nose.

1. Choose a jellybean.
2. Plug your nose, put the jellybean in your mouth, and begin chewing.
 - What can you taste?
 - What flavor is the jellybean?
3. Unplug your nose and keep chewing.
 - What can you “taste” now?

Part 2

The tongue can sense not only taste, but also touch and temperature. How do these sensations affect your eating experience?

1. Choose a mint candy.
2. Plug your nose, put the candy in your mouth, and begin chewing.
 - What can you taste?
 - What can you feel?
3. Unplug your nose and keep chewing.
 - What can you “taste” now?

Questions

Food just doesn’t “taste” the same when you have a cold. Why do you think this is?

Would you rather eat dry or wet potato chips? They taste and smell exactly the same—so how do you explain your preference?