

## Senses

This fun activity tests how much you rely on your smell and eyesight when eating food. Both senses play a big part in not only the enjoyment of eating food but how you interpret the taste of it.

### **Instructions:**

#### Equipment and resources

- 2 or more people.
- Four different food samples (Remember allergies of anyone in your household – check with an adult).
- Blindfold.
- Publishing Project and Chef Mashcam on Purple Mash (optional).

#### Method

1. **Everyone must wash hands thoroughly before going to step 2.**
2. Choose who will be the taster(s) and who will be the observer.
3. Observer selects four different food items (Small samples) without the tasters seeing.
4. Record the four items on a piece of paper – A, B, C and D respectively.
5. Blindfold observers and ask them to squeeze the end of their nose.
6. Place food item A into each tasters' hand and ask them to try the sample.
7. Record their answers and repeat with the rest of the food samples.
8. Repeat the food sampling but this time ask the tasters to keep blindfolds on without squeezing their noses. Record the results for each item of food again.

#### Thinking time:

- Was there a difference with the answers given by the tasters when they didn't have their noses held? Were their answers more accurate? Why do you think this is?

*Smell plays a crucial part in helping us taste food. Without the use of smell, foods become flavourless. If you have ever had a blocked nose*



*from a cold, you would have found food didn't taste as good as it normally does.*

**Follow up:**

- Write about the Senses Activity using the [publishing project](#).
- Create a [chef Mashcam](#) – How did you prepare the food? Why did you choose those four samples for your participants to taste? What would you give them next time?