

Teacher Information

Taste Testing in Class

Taste testing is an excellent way to engage children and encourage them to use all their senses to evaluate the nature of foods. Using sensory evaluation terms can also help to expand their descriptive vocabulary.

However, it is important that some health and safety guidelines are followed.

Before you start, make sure:

- Students are not allergic or intolerant to the foods you will be tasting.
- Staff or students do not have any infectious illnesses, with symptoms e.g. coughing, sneezing, runny nose, diarrhoea, fever, or vomiting.
- Staff and students thoroughly wash and dry hands using either soap, hand wash or sanitizer.
- Any cuts or wounds on hands are covered with a band aid or glove.
- All surfaces are clean and dry.
- All preparation, serving or storage equipment are clean and dry.
- All fresh produce is thoroughly washed and are free from damage or decay.

During the tasting, make sure:

- Food is served with either serving utensils, food service gloves or in individual containers to avoid any cross contamination.
- Perishable foods should not be out of the fridge for more than 2 hours.

Encourage students to:

- Use all five senses when trying foods.
- Avoid describing food as “good, bad, yummy, yucky, gross, etc.”
- Try unfamiliar foods but allow them to pass.
- Discuss only after all students have had the opportunity to taste the food.
- Record their opinions using descriptive words.

Note: Brainstorm or discuss suitable descriptive words (See Sensory Vocabulary attached)

After the tasting, make sure:

- All food is either stored or disposed of appropriately.
- All chopping, serving or storage equipment are clean and dry.
- All surfaces are clean and dry.

Additional information on Super Tasters!

Suitable for extension or senior students

- <https://www.abc.net.au/news/science/2018-08-21/supertaster-non-taster-test-your-tongues-bumps/10139528>
- <https://theconversation.com/hate-vegetables-you-might-have-super-taster-genes-74428>



