

**My Senses Are Amazing**

*Sense of Taste*

# **My Senses Are Amazing**

*You have been learning about the five senses. Which senses have we already talked about?  
(sight, hearing and smell)*

# **My Senses Are Amazing**

*Who can tell me something they  
have learned about their sense of  
hearing, sight or smell?*

# **My Senses Are Amazing**

*Today we are going to talk about our sense  
of taste.*

*What part of the body is used for tasting  
things?*

# **The Sense of Smell**

*Close your eyes for a second and imagine your favorite tastes and foods.*

*What is your very favorite taste?*



# **The Sense of Smell**

*Listen carefully to learn more about the sense of taste and the parts of the body that we use to taste things.*

# The Sense of Taste



Look at the boy in this picture. He is happy because he's about to taste something yummy and sweet, and he knows it! But if it weren't for a few bumps on his tongue, he wouldn't be able to taste at all. And since taste is the weakest of the five senses, it gets help from another sense to help you enjoy the foods you eat.

# The Sense of Taste



*Can you guess which sense that would be? Listen to find out what other sense works with taste to help you enjoy the foods you eat.*

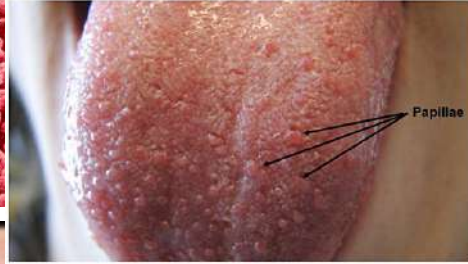


# The Sense of Taste



*The first thing you do when you eat food is to open your mouth and take a bite. Then you start to chew it, or grind it up with your teeth. The wet **saliva**, or fluid, inside your mouth melts or dissolves the chewed-up food so it is easy to swallow. As the melted food moves across your tongue to go down your throat, it catches on tiny little bumps on your tongue.*

# The Sense of Taste



Turn to a neighbor and look at each other's tongues--you'll see the bumps all over. Those tiny bumps contain taste buds, which come in all shapes and sizes and are responsible for telling your brain whether something tastes good or bad. There are over 10,000 taste buds in your mouth.

# The Sense of Taste



*In certain spots on your tongue, you have special taste buds to detect four different types of tastes: sweet, salty, bitter and sour. Fruits and desserts usually taste sweet because they contain sugar. Almost everyone likes sweet tastes--even babies smile when they taste a little sugar.*



# The Sense of Taste



*Pretzels taste salty. A little salt can make foods more flavorful. Bitter, or bitterness, is something that you do not taste very often, especially when you are young. If something is bitter, like coffee, it usually has a sharp or unpleasant taste.*



# The Sense of Taste



Most people also agree that sour is not a pleasant taste. Lemons and pickles taste sour. What kind of face do you make when you taste something sour? If it's something really sour, like a raw lemon, most people pucker up: they suck in their lips like a fish, squint their eyes and wrinkle their noses.

# The Sense of Taste



Here's something else--very important, to remember about taste and taste buds: just because something doesn't taste as good as your favorite food, that doesn't mean you shouldn't try it, especially if it's healthy for you. Taste buds can be trained to accept, and even enjoy, lots of different tastes. Some tastes can seem strange or unpleasant at first, but then your taste buds get used to them, and before you know it, you've learned to like those tastes.

# The Sense of Taste



You have five senses: sight, hearing, smell, taste and touch. Taste helps you enjoy your food. But did you know that smell helps you enjoy your food too? In fact, both your senses of taste and your sense of smell work together to help you figure out what your food tastes like. If you sit down to eat a nice piece of fried chicken, as you bring it up to your mouth to eat, you start smelling it before you take a bite, and you keep smelling it as you chew.



# The Sense of Taste



*Your taste buds aren't actually that good at identifying chicken all by themselves--they can just tell that it's a little salty, and that it's not sweet, sour, or bitter. However, your nose sniffs in the fried chicken odor molecules and sends the brain even more details about the taste of the oil, and the meat, and the juices!*



# The Sense of Taste



Next time you have to taste something you don't like--like this boy and his medicine--try holding your nose and see how well you can still taste it. Even though you are putting something in your mouth that travels across your taste buds, you probably won't be able to taste it as well as you would if you weren't pinching your nose. This is because you have closed your nostrils and blocked the odor molecules from reaching the smell receptors.

# The Sense of Taste



*Without the extra help from the sense of smell, you won't be able to taste things as well.*

*Have you ever noticed that if you have a cold, your food doesn't taste as good as it usually does? This is because your nose is congested, or filled with mucus, and so your sense of smell cannot help your sense of taste. In fact, if your nose is really stuffed up, you may not be able to taste anything at all.*

# The Five Senses

*Comprehension Questions:*

***Inferential:***

*What was the main topic, or main idea, of today's lesson?*



# The Five Senses

*Comprehension Questions:*

**Literal**

*What are the bumps on your tongue called that help you taste food?*





# The Five Senses

*Comprehension Questions:*

**Literal:**

*What are the four types of tastes you can taste with your taste buds?*

# The Five Senses

*Comprehension Questions:*

***Inferential:***

*What are some foods that taste sweet?*

# The Five Senses

*Comprehension Questions:*

***Inferential:***

*What are some foods that taste salty?*

# The Five Senses

*Comprehension Questions:*

***Inferential:***

*What are some foods that taste bitter?*



# The Five Senses

*Comprehension Questions:*

***Inferential:***

*What are some foods that taste sour?*

# The Five Senses

*Comprehension Questions:*

**Literal:**

*What other sense helps with the sense of taste?*

# The Five Senses

*Comprehension Questions:*

***Inferential:***

*Why can't you taste your food very well  
when your nose is congested?*

# Think. Pair. Share.



I'm going to ask you a question. I will give you a minute to think about the question, and then I will ask you to turn to your neighbor and discuss the question. Finally I will call on several of you to share what you discussed with your partner.



# Think. Pair. Share.



**Evaluative:**

What foods can you think of that both smell and taste good? What foods can you think of that both smell and taste bad?

# The Five Senses

You heard, “If it’s something really sour, like a raw lemon, most people pucker up.”

Say the word **pucker** with me.

# The Five Senses

**Pucker** means to purse your lips together so that you look like a fish or as if you are ready to give someone a kiss.

*I usually pucker my lips when I taste a lemon.*

# The Five Senses

**Please tell me about when you would pucker.**

**Use the word **pucker** when you tell about it.**

*“I pucker when...”.*



# **The Five Senses**

What's the word we have been  
talking about?

# **The Five Senses**

I am going to name some items. If I name something that makes you pucker, thumbs up. If it wouldn't make you pucker, thumbs down.

# The Five Senses



Thumbs Up = Pucker

Thumbs Down = No pucker



*vanilla ice cream*

# Nursery Rhymes & Fables





# Nursery Rhymes & Fables



Thumbs Up = Yes

Thumbs Down = No



*lemons*

# **Nursery Rhymes & Fables**



# Nursery Rhymes & Fables



Thumbs Up = Yes

Thumbs Down = No



*peanut butter*

# Nursery Rhymes & Fables





# Nursery Rhymes & Fables



Thumbs Up = Yes

Thumbs Down = No



*pickles*

# **Nursery Rhymes & Fables**



# Nursery Rhymes & Fables



Thumbs Up = Yes

Thumbs Down = No



*bananas*

# Nursery Rhymes & Fables

