

MY TASTE BUDS



GET LEARNING



15 MINUTES



PREPARATION
NEEDED

▶▶ GETTING INTO THE ACTIVITY

Test your taste buds and see how many food items you can get correct in a blindfolded taste test.

Before this activity a grown-up will need to get ready 5 or more different food items to taste test. These might include items such as banana, apple, baked beans, mashed potato, custard, chocolate, tomato sauce, pasta, crisps etc.

Close your eyes, or be blindfolded with a tea towel, and one at a time eat each food item and try to work out what it is. How many can you get correct?

Taking it Further: You could now be the one in charge and create a taste test for someone else in the house. You'll need a grown-up to help you with this. Can your family member beat your score?

☑☑ WHAT YOU'LL NEED

- 5+ Food Items to Taste
- Spoon
- Blindfold / Tea Towel

! NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please be conscious of allergies. Share a picture or video of the taste test with your BB group or post on social media using #BBatHOME.