

Your senses and food



Our senses

We all like and dislike different food and drinks.

Our senses help us decide what we like and dislike.

What food and drinks do you like?

Why?



Our senses

There are 5 senses that help us:



sight

hearing

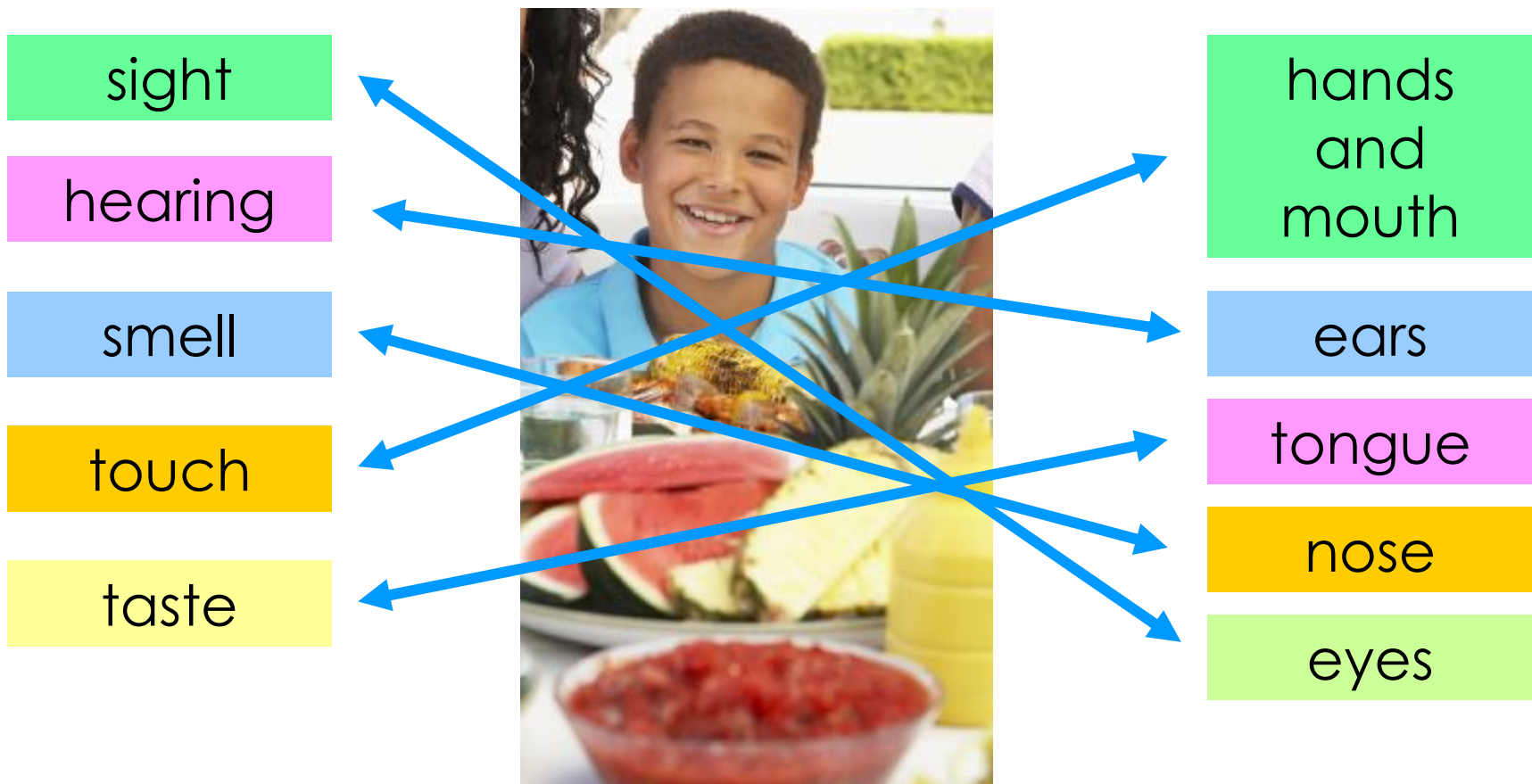
smell

taste

touch

Which sense?

Which part of the body helps?



Sight

Our eyes let us see the size, shape and colour of the food or drink.

If it does not look good, you might not eat it!



Sight

Helpful describing words:

stringy

firm

dry

heavy

flaky

crumbly

flat

crisp

lumpy

fizzy

fluffy

smooth

hard

mushy

dull

cuboid

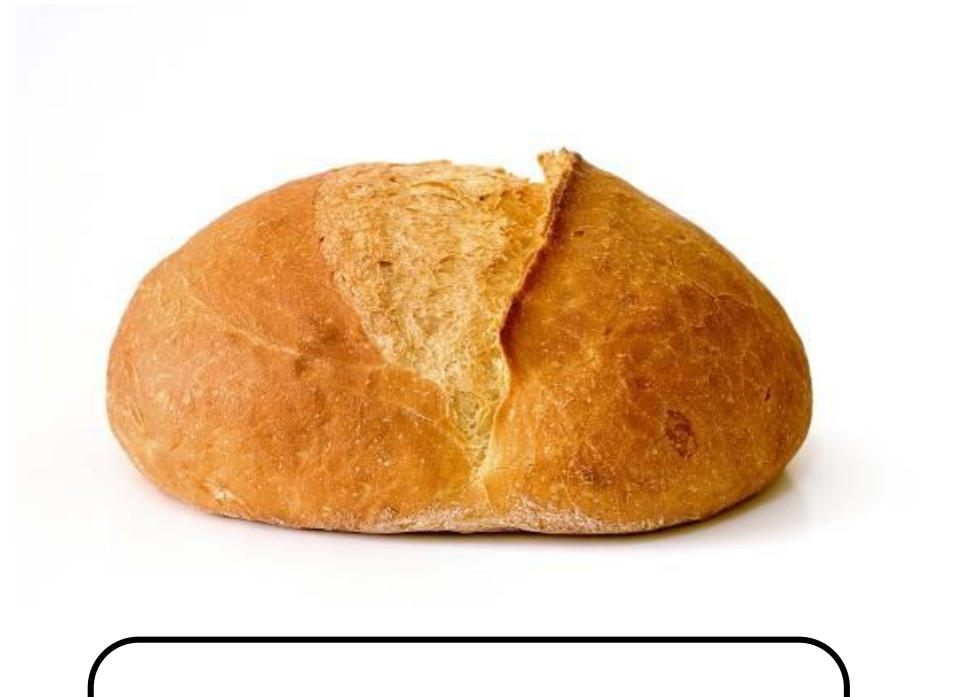
sticky

fragile



Sight

Describe how these foods look.



Smell

Our nose lets us smell food and drink.

Some foods smell strong, like strong Cheddar cheese.

Smell and taste work together.

This is why people with a blocked nose find it hard to taste food.



Smell

Helpful describing words

| | | |
|----------|--------|----------|
| aromatic | fresh | spicy |
| floral | bland | tainted |
| perfumed | bitter | savoury |
| rotten | sweet | citrus |
| strong | mild | fragrant |
| musty | weak | scented |



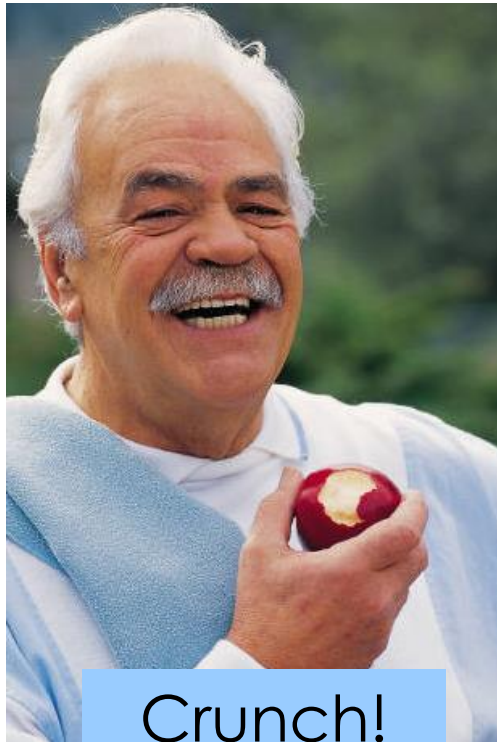
Smell

How would these foods smell?



Hearing

Our ears let us hear the sound of food being prepared, cooked, served and eaten.



Crunch!



Slurp!



Gulp!



Sizzle!

Hearing

What sounds would these foods make?



Taste

Our tongue can detect five basic tastes:

bitter

salt

sour

sweet

umami

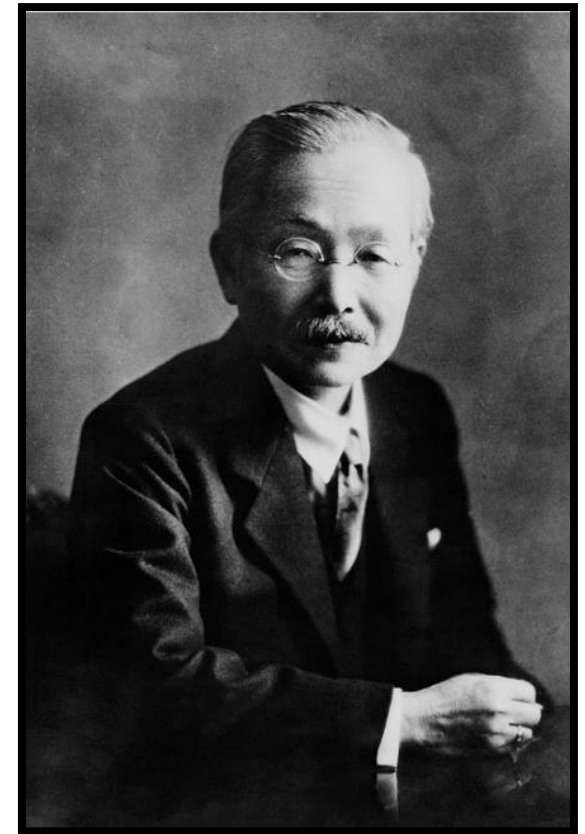


What is umami?

Umami is a savoury taste, often known as the fifth taste.

It was discovered by Dr Kikumae Ikeda, from Tokyo Imperial University, Japan, in 1908.

Umami has its own distinct savoury taste, often associated with ripe tomatoes and cheese.



Basic tastes

Food examples of the basic tastes include:

bitter



salt



sour



sweet



umami



Taste

Useful describing words:

| | | |
|---------|--------|--------|
| sweet | cool | bitter |
| zesty | warm | hot |
| sour | sharp | rich |
| bland | rotten | tart |
| strong | citrus | mild |
| umami | tangy | salty |
| savoury | spicy | |



Taste

Describe the taste of these foods.



Touch

The sense of touch tells you about the texture of food, e.g. smooth, rough, crunchy.

Your hands, mouth and tongue all help.

The mouth also detects temperature of food, e.g. cold icecream, warm bread, hot soup.



Touch

Useful describing words:

| | | |
|---------|---------|---------|
| brittle | rubbery | short |
| stodgy | bubbly | gritty |
| sandy | mushy | tender |
| soft | firm | flaky |
| crisp | fluffy | crumbly |
| lumpy | smooth | hard |
| sticky | chalky | grainy |



Touch

What words would you use to describe these foods?





Task:

Spend the day using your senses to analyse what you eat.

Use the describing words, adjectives, from the previous slides or even look up some new ones. Try to avoid words like *nice* and *delicious* as these are your opinions rather than descriptors.

Consider putting your words in to a table so you can use them in future evaluation work.



For further information, go to:

www.foodafactoflife.org.uk