



Science Experiment: Taste and Smell

Project: Food Science, Health

Supplies:

- Jelly Beans – variety of flavors
- Water or crackers to clear the taste buds
- Clothes pins (or just use your fingers)
- Blindfolds

Time:

15-20 minutes

What to Do:

Give each member a specific color of jelly bean. Have them hold their nose and close their eyes while they eat the jelly bean. Ask them to share the flavor BEFORE they let go of their nose or open their eyes. Drink water or eat a cracker between flavors to clear the taste buds.

Reflect:

Where you able to tell the flavor of the jelly bean that you were given while holding your nose?

What happened when you let go of your nose?

Apply:

When someone is sick or has allergies with a stuffy nose – how does it change what they want to eat?

Have you ever been told by a parent to “hold your nose” when you had to take bad tasting medicine? What happened when you let go of your nose?

This activity was based on information found at:

<https://faculty.washington.edu/chudler/chtaste.html>