



CLUB SPROUTS

FIVE BASIC FLAVOR TASTING

Overview:

The purpose of this lesson is for kids to learn the five basic flavors utilizing pantry ingredients from your kitchen. Once kids learn how to distinguish each flavor, they will learn how each type of flavor is used in cooking in order to bring out the best taste in foods and drinks.

Time: 10-15 minutes	Price: Free depending if you have the ingredients in your home
	Target age group: 4-12 year olds

Materials: <ul style="list-style-type: none">• Paper plate• Pen• Fork• Sour ingredient: yogurt, lemon, vinegar• Sweet ingredient: honey, sugar, maple syrup• Bitter ingredient: dark greens (like kale, swiss chard), dark chocolate• Salty ingredient: salt, cheese, soy sauce• Umami ingredient: mushrooms, tomatoes, cured meats (like salami or pepperoni)	Instructions: <ol style="list-style-type: none">1. Take a paper plate and draw lines with a pen to create five sections of a pie.2. Place a taste of each ingredient on each section.3. Have kids taste each ingredient individually and guess which ingredient is sour, bitter, salty, sweet or umami. You can also use the guiding questions below to guide them through a critical thinking exercise about taste.
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Questions or comments?

Contact Taylor, GCM Program Coordinator

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Guiding Questions for Each Ingredient:

1. Where on your tongue do you taste the ingredient the strongest?



2. Why would we use each type of flavor?

- Salty: to bring out flavor in savory foods; to balance out bitter flavors; to enhance sweet flavors
- Bitter: to balance out salty and sweet flavors
- Sweet: to balance out bitter and sour flavors; to bring out sweetness in desserts
- Sour: to balance out sweet and bitter foods; to add acid and brightness to dishes; to enhance salty flavors
- Umami: to add savory notes to food
- When developing a dish, use these flavor notes to inform what your dish can use when cooking and encourage kids to try their foods and adjust seasoning based on what each dish needs.

Definitions:

- Sour -The mouth-puckering sensation is caused by acids in lemons, yogurt and sourdough bread and other food
- Bitter - having a harsh, disagreeably acrid taste, like that of aspirin, quinine, wormwood, or aloes
- Sweet -The most elemental of taste pleasures, sweetness signals the presence of sugars, the foundation of the food chain and a source of energy.
- Umami -Japanese for "delicious taste;" It's best described as "savory"—a taste rich in flavor released by cooking, curing or aging

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