

Does the appearance of food affect how it tastes?

About this activity

Use your taste buds to investigate the taste of irregularly shaped fruits and vegetables and find out whether the way food looks affects how it tastes.

Time

30 minutes

Kit list

- ✓ Three samples of at least one kind of (washed) fruit/vegetable, some more irregularly shaped than others
- ✓ Pencil and paper for recording results
- ✓ Clean knives, peelers and chopping boards for preparing tasting samples

Next steps

Now that you have started thinking about how to keep both your body and your planet healthy, why not find out other ways that farmers are working to save the environment. Take a virtual tour of a farm and access more exciting investigations like this one at [farmvention.com](https://www.farmvention.com) to become a climate superhero. Submit your ideas to be in with the chance to present your project in Parliament!

Watch out!

Wash your hands thoroughly before handling food you are going to eat.

Ensure the work surface and tools are clean before use.

Make sure you ask an adult for help when using knives and peelers to prepare your vegetable samples.

Instructions

1 Think about these questions:

- ✓ Where do fruit and vegetables come from?
- ✓ Have you ever been to a farm? What did you see?
- ✓ What are your favourite fruits and vegetables? Can these be grown in the UK?

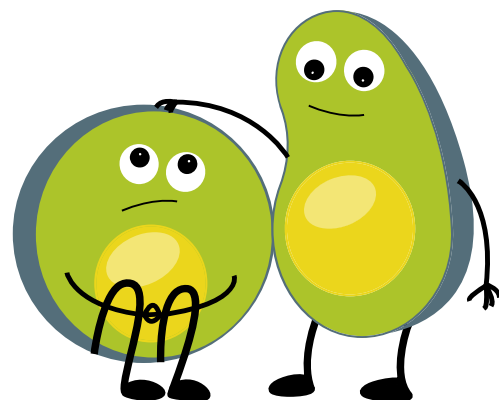
2 Examine the regularly and irregularly shaped vegetables that you have chosen. Which do you think will taste better? Why?

3 Did you know that lots of fruit and vegetables are thrown away each day because they are unusually shaped? What impact do you think this has on the environment?

4 Your challenge is to investigate whether the regular-shaped food tastes better than the irregular-shaped food and decide whether the unusual-looking food is worth saving.

5 When planning your investigation, think about these questions:

- ✓ Which sense and sense organ will you use?
- ✓ How will you make sure you are not judging the food by the way it looks?



6 You could mark your chosen vegetables as vegetable A, B, C and rank them on which you think looks the tastiest and write this down.

7 Next, cover your eyes and taste a sample of both the regular and irregularly shaped vegetables. Make notes on which one was the tastiest.

8 Compare your results: did the appearance of the vegetables affect how they tasted? Were you able to work out which vegetables were irregularly shaped just by tasting them? Have your views about irregularly shaped vegetables changed?

At home

Why not repeat this investigation with your family at home? Ask them to complete the same steps and see if their views on irregularly shaped vegetables change.

Skills set

Observant, Open-minded, Curious

Career options:

The diverse and rapidly changing world of food and farming has thousands of fantastic STEM career opportunities. Whether you are interested in robotics, animal welfare, engineering, horticulture, business or food technology, there is a career for you. Visit: fginsight.com/thisisagriculture

