



Exploring Taste:

Sweet, Sour, Salty, and Bitter

Can you identify the four basic tastes: sweet, sour, salty, and bitter? Can you recognize these tastes in a variety of foods?

Required Foods:

- Sugar
- Salt
- Lemon
- Unsweetened chocolate

Suggested Foods:

- Mint candy
- Spoonful of honey
- Pickle
- Spoonful of plain yogurt
- Salted potato chip
- Bit of parmesan cheese
- Spoonful of instant (decaf) coffee
- Piece of grapefruit rind

1. Gather together as many different kinds of foods as you can (see the materials list for ideas). Make sure you include sugar, salt, lemon, and unsweetened chocolate.
2. Put one food item into each small container.
3. Taste the sugar. This is SWEET!
4. Taste the lemon. This is SOUR!
5. Taste the salt. This is SALTY!
6. Taste the chocolate. This is BITTER!
7. These are the four basic tastes: sweet, sour, salty, and bitter.
8. Now taste each of the other foods, and decide which of the above four tastes it's most like. Place the foods with similar tastes next to each other.

All flavors are made up of some combination of these tastes. Try tasting other foods. Where would you place them among the ones you began with?

CREDITS

- <https://www.education.com/science-fair/article/taste-sweet-sour-salty-bitter/>