

Sensory Sensations

@ Lansing Library

Materials Included:

- Paper hole reinforcers

Additional household materials:

- Blue food coloring
- Water
- Paper towels
- Flashlight (optional)
- Magnifying glass (optional)

Supertaster Test

Count the number of Papillae on your tongue to determine if you are a supertaster.

1. Place a drop of blue food coloring on your tongue.
2. Take a sip of water, swish it around in your mouth and spit it out.
3. Use a paper towel to dry your tongue as much as possible.
4. Place a paper hole reinforcer on the tip of your tongue.
5. The dye will stain all of the tongue, except the papillae. The papillae will look like lighter blue or pink bumps in a sea of dark blue.
6. Using a flashlight and a magnifying glass if necessary, count the number of papillae within the paper-hole reinforcer. Do not count the really tiny bumps; just count the larger ones.
7. Remove the paper-hole reinforcer from your tongue, and write down your number. Use the chart below to determine if you are a non-taster, average taster, or super taster.

15 or fewer papillae	Non-taster
15-30 papillae	Average taster
More than 30 papillae	Super taster

CREDITS

- https://www.sciencebuddies.org/science-fair-projects/project-ideas/HumBio_p017/human-biology-health/find-out-if-you-are-a-supertaster?from=Blog#procedure

