

Little Scientists

Taste & Smell

Yum or Yuck?

How does smell affect your tastes?

Both taste and smell influence flavour aromas such as vanilla, for example, can cause something perceived as sweet to taste sweeter. Once an odor is experienced along with a flavour, the two become associated; therefore, smell influences taste and taste influences smell.



Plug it up

Since taste and smell are connected, try plugging your nose when eating different foods. Strong flavoured foods may not seem so strong because your sense of smell is blocked and you will only taste the basic flavours like salty or sweet.

What's that Smell?

In your pantry you may have flavour extracts for baking, strong smelling ingredients such as garlic, onion, chocolate or lemon and oil essences for bathing. Using as many as you can, dab or rub some of the extracts or ingredients onto cotton balls. Blindfold or have your child close their eyes and have them try to identify as many smells as they can. Some will be easier than others.



What other smells can you identify in your house? Have your child close their eyes or use a blindfold and present different smelling things around your home for them to identify. Use different descriptive words to build their smell vocabulary.