



**Does the appearance of
food affect how it tastes?**



British Produce



Wonky Fruit & Vegetables

- Not all carrots grow in perfect cone shapes. Not many apples are perfectly round. If you've ever tried to grow your own food at home, you probably already know this!
- When shopping, people tend to choose food that looks the best, even though 'wonky' or unusual looking fruit and vegetables are just as healthy and nutritious as more ordinary-looking ones.
- This means that tonnes and tonnes of tasty, healthy food is thrown away each year, just because it looks a bit strange. Food wastage is responsible for around 6% of total global greenhouse gas emissions!
- Do you think you be happy to eat carrots that were a funny shape?
How about a bendy cucumber?



Your Question

We are going to use our senses to investigate the question:

**Does the shape of food
affect how it tastes?**



What are our senses for?

Our senses help us to make sense of the world around us.
They give us information and help to keep us safe.

- We use our eyes for our sense of sight.
- We use our ears for our sense of hearing.
- We use our skin for our sense of touch.
- We use our nose for our sense of smell.
- We use our tongue for our sense of taste.



Exploring sight

Play I Spy!

- Use your sense of sight to find objects in the room



Exploring hearing

Carry out a Listening Minute!

In an indoor space, such as your classroom or bedroom,
close your eyes and listen carefully for all the different sounds you hear.

Ask an adult to time one minute for you.

Try another Listening Minute in an outdoor space,
like the playground or a garden.



Exploring touch

Using only your sense of touch,
can you work out the hidden items?



Exploring smell

Using only your sense of smell,
can you work out the hidden items?



Exploring taste

Using only your sense of taste,
can you work out the mystery foods?



Senses Quiz

Which sense would you use to...

- Find a matching pair of socks?
- Choose your favourite flavour of crisps?
- Pick the cosiest scarf from a shop?
- Choose a perfume for a friend?
- Work out which direction an ambulance might be coming from?



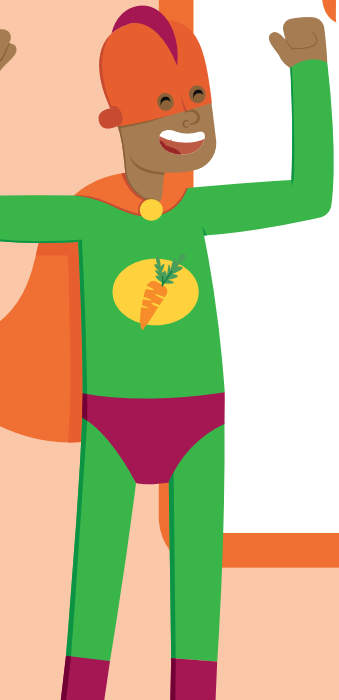
Shopping and eating using our senses



Which senses do you and your families use when shopping for fruit and vegetables?

Which senses do you use when you are eating your dinner?

Do you think that how food looks affects how it tastes?



Does the shape of food affect the way it tastes?

- Which senses do we use when we are eating our dinner?
- Which senses do we use when we are shopping for food?
- Do you think differently-shaped vegetables of the same type will taste different to each other?



Investigate!

Does the shape of food affect the way it tastes?

**Lots of fruit and vegetables are thrown away each day
because they are unusually-shaped.**

You need to investigate whether the unusually shaped
produce tastes worse than the regularly-shaped food or if the
unusual-looking food is worth saving!



What did you find out?

Could you tell which vegetables were differently shaped and which weren't just by tasting them?





competition

Think about how you could use your learning about how we treat irregularly shaped fruit and veg to help you design an idea, invention or innovation that will help farmers continue to care for the environment and be climate superheroes.

