Year 4
Lesson 4
Smell: 'Ripe, Over-Ripe and Under-Ripe'
Before we start, has everyone washed their hands?
Can anyone tell me what the five senses are? 
And what part of our body do we use for it?
The two golden rules of TastEd

• No one has to like
• No one has to try
When we taste food, which part of our body senses the flavour?
Most people think that flavour is all about the mouth. But actually our noses are even more important for flavour. Flavour is a combination of taste in the mouth and smell in the nose.

Flavour = 💄 + 💼
Today, we are focusing on our sense of smell. We are going to do a couple of experiments to investigate how important our noses are for enjoying food.
To taste food or to touch it, we need to be close to it. But smell – like sight – works at a distance.

These senses require contact.

These senses work at a distance.
When we walk into a kitchen, our noses can tell us straight away if someone has squeezed an orange or baked some fresh bread, before we actually see the orange or the bread.
How do we know that what we smell is the smell of orange and not the smell of lemon? It’s because we have smelled it before. Humans can recognise the difference between thousands of smells. Every time we eat a meal, we are like sniffer dogs, detecting the difference between different smells.
Most of what we call ‘flavour’ is really smell. We are going to do an experiment to test this. Here are some carrot and ground cinnamon.
Can you dip the carrot in the cinnamon? Try it with your nose pinched. Then unpinch your nose. What happens to the flavour? What do you notice?
Can you write down how different the food tasted with and without your nose pinched? What does this tell you about flavour?
Now for experiment number two. We are going to see which smell can tell us about whether fruit is ripe or not. Who likes bananas that are green and under-ripe? Who likes over-ripe ones? And who likes bananas that are yellow and just ripe? Can you say why?
Bananas are now the tenth most popular food in the whole world.

The bananas we eat in Britain do not grow here. They travel many miles to reach us from Colombia, Costa Rica, Ecuador and the Dominican Republic, among other countries. They are harvested green and very un-ripe so that they can remain undamaged during the weeks it will take for them to reach us. Over time, they turn from green to yellow to brown.
Working in pairs, you are going to take some ripe banana, some brown over ripe banana and some green under ripe banana.

Ask your partner to close their eyes. Can you tell by smell alone which banana it is?
Now you can taste some banana. Does it taste the same way that it smells? Which did you like the best? Write down your observations.
Did you try anything new today?
Teachers:
Please click HERE to tell us what new foods the children tried!

Please let us know how many children tried something new today – and what they tried. This information will help us measure the impact of our work. Our main objective is to understand how many children tried a new vegetable or fruit.
Thank you for listening! Next time, we will explore another sense and try some different foods.