

Food and taste

Warm-up

1. What is your favorite food? If you could only eat one food for the rest of your life, what would you choose?
2. Which foods taste bad to you?
3. How do you judge food? By taste, appearance, smell, or feel? Can food be delicious if it looks terrible?
4. Has food ever made you sick? What happened?
5. Have you eaten anything strange? Explain.
6. Are you or anyone you know allergic to any food? What happens if you/they eat that food accidentally?

How do we taste food?

Matching activity.

Match the questions below with their answers. Fill in the gaps with the correct words and phrases.

1. How do you taste food? _____
2. What are your **taste buds**? _____
3. Where are your taste buds? _____
4. Do you have taste buds anywhere else? _____
5. How many taste buds do you have? _____
6. Do your taste buds get replaced? _____
7. What do the hairs on your taste buds do? _____
8. What basic tastes do your taste buds recognize? _____
9. What other senses help you identify food? _____
10. What happens if you can't see or smell the food you're eating? _____

- A. Your taste buds are tiny sensory organs with sensitive microscopic _____.
- B. You have about 10,000 taste buds.
- C. It's difficult to recognize the food.
- D. Your senses of _____ and _____.
- E. You taste food using your _____.

F. Yes, you do. On the roof of your mouth, your lips and inside your cheeks.

G. The hairs on your taste buds send messages to your brain so that you know how something tastes.

H. Your taste buds are on your _____.

I. The basic tastes your taste buds recognize are _____, _____, _____ and _____.

J. Yes, they do. They get replaced about every two weeks.

Vocabulary.

Classify the food. Add one more food to each column.

rhubarb	dates	tuna	Jalapeño	kale	black pepper	sauerkraut
ginger	fudge	soy sauce	artichoke	horseradish	vinegar	dried fish
		aged cheese	meringue	pork rinds	seaweed	

SWEET	SALTY	SOUR	BITTER	SPICY	UMAMI

Umami is sometimes described as 'meaty' or 'savoury'. The name comes from Japan and means 'good flavor' 😊

Watch and discuss

Watch the video and make notes what is eaten for breakfast in each country.



Discuss the questions

- What is eaten for breakfast in each country?
 - Which breakfast would you like to try?
 - Which do you think is the worst?
- What do you eat for breakfast? Is it the same as in the video?