Use of English

Taste Buds Through Life



Read the text below, choose the correct answer (A, B, C, D)

Have you ever (1) _____ why kids often dislike foods like broccoli, but adults enjoy them? The answer lies in your taste buds and how they change as you grow.

When you are a baby, your taste buds are very (2) _____. Babies can taste sweet, salty, sour, bitter, and umami - a savory taste. Sweet flavors are their favorite because sweet things usually mean energy, like milk. Bitter flavors, (3) _____, can be a warning sign of something poisonous, so children naturally dislike them.

As you grow older, your taste buds change. By the (4) _____ you are a teenager, your brain starts to like new flavors. You might begin to enjoy spicy food or sour candy. This happens because your body wants more (5) _____ in your diet.

When you become an adult, your taste buds change (6) _____ more. Some foods that tasted too bitter before, like coffee, dark chocolate, or Brussels sprouts, can now taste delicious. Adults usually have fewer taste buds than children, so strong flavors don't (7) _____ as intense.

Taste buds also start to fade as you (8) _____. Older people often lose some of their sense of taste and smell, which is why they might prefer food with stronger (9) _____ or salt.

So, don't worry if you don't like (10) _____ foods now. As your taste buds grow and change, you might surprise yourself!

1. _____	2. _____	3. _____	4. _____	5. _____
A) doubted	*A) sensitive*	*A) as a result*	*A) way*	*A) preference*
B) guessed	*B) sensational*	*B) on top of that*	*B) time*	*B) difference*
C) wondered	*C) sensory*	*C) first of all*	*C) moment*	*C) variety*
D) offered	*D) sensible*	*D) on the other hand*	*D) heart*	*D) mixture*

6. _____	7. _____	8. _____	9. _____	10. _____
A) than	*A) seem*	*A) evolve*	*A) spices*	*A) proper*
B) even	*B) behave*	*B) grow*	*B) looks*	*B) picky*
C) always	*C) sound*	*C) turn*	*C) toppings*	*C) certain*
D) exactly	*D) make*	*D) age*	*D) tips*	*D) limited*

English__on_the_go

LIVEWORKSHEETS