

Taste Challenge



Explore your sense of taste and let's see what we discover!
We have 2000 - 10,000 taste buds each and they're not just on your tongue.
Join us as we get our tongues tingling and explore our sense of taste.

For even more programme ideas check out our 'Taste' board over on
www.Pinterest.com/PawprintFamily

#AdventureForAll
www.PawprintFamily.com

Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK – solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



@pawprint_family

PAWPRINT BADGES

You can view the extended terms of use on our website
www.pawprintfamily.com/terms-conditions



Craft

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Create some fingerprint art. Your tongue print is as unique to you as a fingerprint so get creative and create your fingerprint in string, using pipe cleaners or print with your fingers and turn your prints in to characters.



Make and decorate a recipe card.

Here's an Idea!

Why not get together with friends and combine your recipe cards to make a community cook book and sell them to raise money for charity?



Create your own recipe/cook book stand to help you whip up some tasty treats.



Mix up your own edible play dough and get modelling...and maybe eating!



Paint with edible paint.

What?

There are loads of recipes around for taste safe and edible paint. Why not mix some food colouring in with plain yogurt or take a look at the ingredients in your store cupboard. Tomato ketchup is red, mustard is yellow...



Draw a picture using food items. You could recreate a famous painting or sculpture (and count this towards your Art Challenge badge too) OR get creative and let your imagination run wild.



Make a model of the tongue/mouth and discover where else we can find taste buds other than on our tongue!



Create a food sculpture representing your favourite taste/flavour. Use materials of your choice.



Decorate a placemat (use our free resource) or plate with words to describe different flavours. Use this as a conversation starter to compare your favourite flavours with friends/family as you sit down to eat together.



Make a meal planner and balance the flavours you eat across the week. Have you got something spicy? Sweet? Salty?



Decorate a cup, mug or glass to hold your favourite flavour drink.




Create a taste safe picture and see if someone else can guess what it is when they're blindfolded and just exploring it with their tongue.



Food

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 Taste different food products that are branded and unbranded. Can you taste the difference between the two?

 Try a new flavour or a food you haven't eaten before. Challenge yourself to try something again that you've had before and didn't like the flavour of.


 Compare savoury and sweet versions of the same food, i.e. pancakes.


Did You Know?

The taste map of the tongue showing zones of flavour is all wrong! The ability to taste different flavours isn't sectioned off, the receptors are actually all over!

 Try the same food whilst eliminating your other senses; hold your nose, close your eyes, cover your ears. Does this change the taste of the food?

 Describe different flavours and do a taste test to explore the different tastes detected by our taste buds.

 Identify different flavours of the same type of food in a blind taste test, i.e. crisps or jelly beans. Try identifying them by sight and then by taste how many did you guess correctly?


 Taste test different strengths of tea/coffee/fruit cordial. Which was your favourite? How did the taste change with the concentration?


 Try a sensory food experience eating crunchy, smooth, cold, hot, spicy, sweet and citrus foods. How does each one taste and react with your tongue?

 Try some weird food combos!

What?

In a survey by Ocado, Brits revealed some of the weird and wonderful flavour combinations which included: chocolate with crisps, fish fingers and custard, hot dogs with jam, milkshake and fries and apple and bacon on toast. Discover some more of these weird combinations and give some of them a go!

 Taste test different strengths of chocolate and see how dark you can go. Not all dark chocolate tastes bitter though and like all foods, different people taste different things. Have a go and count it towards your Chocolate Challenge badge too!

 Taste test different waters and see if you can really taste the difference? Is buying an expensive bottled water better than from the tap?



Games

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Identify the food or item whilst blindfolded. Not everything you 'taste' has to be edible...how many people do you know chew pens?!



Name that flavour. Blindfolded, can you tell whether a food is sour, sweet, salty, bitter or umami?



How long does a flavour last?

How?

Compete with friends or family to see how long a flavour lasts in your mouth. Place one chocolate button on your tongue and see how long it lasts for. How long after the chocolate has gone does the flavour remain?



Play a game of salt or sugar. In teams, take it in turns to taste a 'mystery' substance (salt or sugar) with the opponents trying to guess from your reaction which one it was. Every correct guess scores 1 point.



Go on a taste bud treasure hunt, hunting down foods hidden around your home/meeting place by flavour.



Brush your teeth and then try and identify foods. How many did you guess correctly? You may need to re-brush after a round or two of tasting.

Why?

When you brush your teeth, the toothpaste in your mouth releases sodium lauryl sulphate (SLS). This SLS interferes with the proteins that line the membranes of taste cells in the mouth, impairing the tongue's ability to taste sweet flavours, making them taste bitter instead.



Can you taste colour? Try the same food in different colours whilst blindfolded. Can you taste the difference? i.e. Green and red peppers.



Play a game of corners with flavours/tastes.



Play the A-Z game naming different foods. Can you name an alphabet of sweet foods? How about savoury? Spicy?



Test your 'tongue rolling' capabilities. Race to roll a sugar cube from one end of the table to the other using only your tongue (make sure the table is nice and clean first!)



Have a go at apple bobbing or eating doughnuts off a string. Both fun, both edible and both using your tongue as a type of tool.



Other

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Discover how altitude affects our taste and how food designed for aeroplanes is seasoned differently to account for this.



Go on a walk and discover edible plants/flowers - what do they taste like?



Visit the dentist for a check up. Oral hygiene can affect our sense of taste (as taste buds aren't just on our tongues) so looking after your teeth, tongue and gums can all help improve your sense of taste.



Visit a restaurant and write a review.



Survey your friends and family to discover what their favourite flavours are. Are there any similarities? Present your findings in an interesting way.



Discover some amazing facts about your tongue.



Find out how animals use their tongues and also which animals don't have tongues and how they taste.



The average human tongue measures approximately 3 inches (7.5cm) in length. What else can you find that measures the same size?



Discover the world of professional taste testing and conduct an experiment to find out if you are a "supertaster" (you can find a testing method on-line at: <https://www.scientificamerican.com/article/super-tasting-science-find-out-if-youre-a-supertaster/>)



Watch a clip of a supertaster in action like those that taste test and blend tea leaves for the tea bag manufacturers.



Did you know that your tongue can tell you lots about your health. Find out how to 'read' your tongue and see what yours says about you.



A complete loss of taste is called ageusia whilst dysgeusia is the persistent taste in your mouth that make all other tastes taste the same. Find out about different losses of taste and potential causes.



Explore how hot and cold can affect flavour and taste. Try the same food served hot, cold and at room temperature; how did the taste differ?



Read a story about food such as Eric Carle's, *The Very Hungry Caterpillar*.



Test to see if using different coloured plates/cups can affect how you taste and your perception of flavour.

Adventure Complete?

Reward your young adventurers with their Taste Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



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