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Your Sense of Taste



Sweet and Sour Tastes

Your sense of taste is very important. It lets you enjoy the different tastes of your food. Your tongue can detect sweet, sour, salty, savory, and bitter tastes.

Ice cream tastes sweet because we make it with lots of sugar. Some foods, like honey, are naturally sweet. Lemon juice and natural yogurt taste sour. We can add sugar or honey to make them taste sweeter.

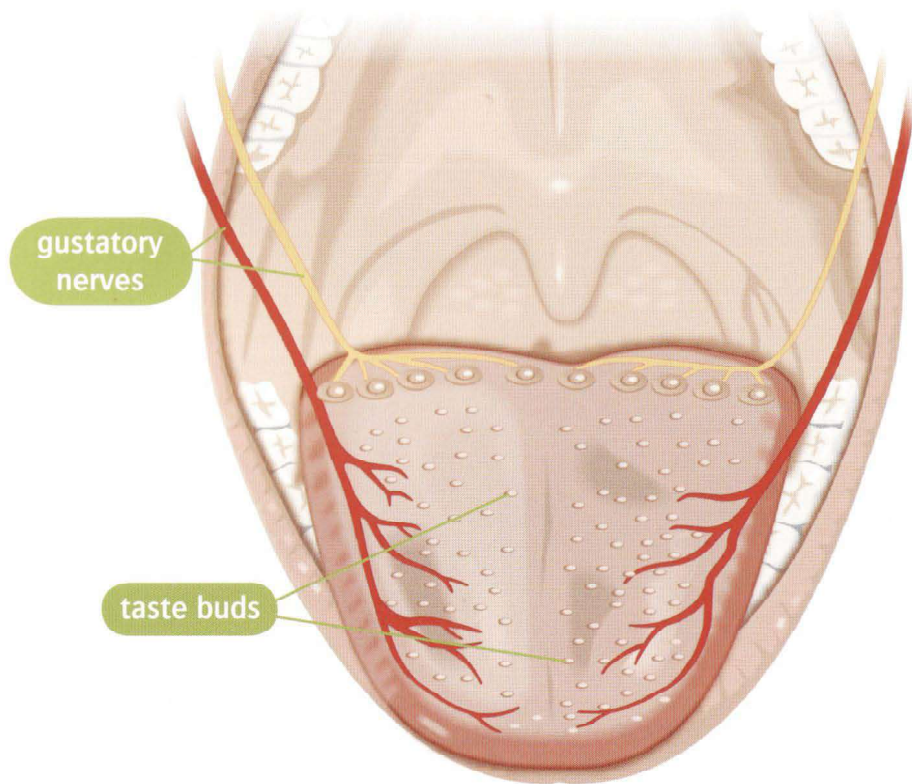


Salty, Savory, and Bitter Tastes

Food tastes salty when it has lots of salt. Many people add salt to foods like popcorn or French fries. Foods, like meat and cheese, have a savory taste called *umami*. This is a Japanese word.

Coffee tastes bitter, so many people add sugar to make it sweet. Orange peel is also bitter, but we can make it into sweet marmalade.

On Your Tongue



Do you know how your sense of taste works? Look at your tongue. Can you see lots of little pink bumps? Those bumps are your taste buds. When you touch food with your tongue, your taste buds detect all the tastes. Then your gustatory nerves take the information to your brain.



Your tongue has about 10,000 taste buds. Most of them are at the front, back, and sides of your tongue. Your taste buds get old quickly, so your tongue needs to grow new ones. It only takes two weeks to replace all your taste buds!



Your senses of taste and smell work together. That's why you can't taste your food very well when you have a cold.

