

Ice Cream Challenge

Activity 4.2: **Sensing flavour**

Make your flavour sensation!

Step 1: Prepare your water

To help you taste your flavours, your kaiako will need to add some sugar to water. Add 2 tbsp of icing sugar to 4 cups of water. Stir until it dissolves.

Step 2: Flavour

Pour ½ cup of the sugar water into your glass, jar or bowl. Pick a flavour from the ice cream kit and add 2-3 drops into your water.

Write down your flavour choice on a piece of paper. Make sure you keep it a secret!

When it comes to flavour, some of your other senses play a bigger role than you might think...

Create a feast for your senses by experimenting with flavours and colour. Then have a sweet sensory taste test.

You'll need:

- ½ cup sugar water (pre-prepared)
- 1 x big glass, jar or bowl
- 4 x small cups with lids
- Food colouring
- Flavour drops
- Measuring spoons
- Measuring cups
- · Labels or masking tape
- Sharpies or other markers

Step 3: Colour

Choose a colour to add to your flavoured water. Add one small drop and mix it up.

Write down your chosen colour next to your flavour choice.

Step 4: Prepare

your tasting



Pour a little bit of your coloured, flavoured water into each of your small clear cups. Then label them with your rōpū name.

Pair up with another r̄opū, then swap your flavour creations with each other.



Time to taste! Put your sensory scientist skills to the test by following these steps: • Look at the mystery water! What do your eyes tell you about the flavour? • Smell the water! Can your nose tell you the flavour? • Taste the water! What does the flavour taste like? • Write down your guess Reveal your flavour! Once everyone has made their guess, each rōpū should reveal their flavour to the other. Reflection What did you expect to taste when you saw the colour of the water? What flavour did you smell? What flavour did you taste? Did you guess right? If not, how close was your guess? What does this tell you about how your senses work together to understand flavour?