



The Great Taste Adventure! (Ages 8+)

Discover How Growing Methods Affect Flavor!

Find out if where and how your vegetables are grown really makes a difference in taste, smell, and texture! This adventure will help you become a more informed food chooser.

What You'll Need to Gather:

Find at least **two (ideally all four)** versions of your favorite vegetable at peak ripeness:

- From your garden
- Organic from a store or from a farmer's market that sells locally grown produce
- Organic from a large grocery store
- Conventional from a large grocery store (the same one as above)

Other Supplies:

- This adventure sheet or a notebook
- Pencil or pen
- Small plates for samples
- Blindfold or bandana (for blind tasting - optional but fun!)
- A grown-up or taste-testing buddy
- Your senses: touch, sight, smell, and taste!

What to Do:

- **Use all your senses:** Feel the texture, examine the color depth, smell when cut open, and of course, taste!
- **Ask the important questions:** Is it sticky or smooth? What does the color tell you? How does the aroma compare?
- **Compare quality:** Notice differences in color vs smell vs taste between samples
- **Try blind tasting:** Cover your eyes and see if you can guess which is which - you might be surprised what you learn!



Welcome, Food Scientist!

Taste Tester Names: _____

Date: _____ Types of produce testing: _____

Become a food scientist and explore how the same fruit or vegetable can taste completely different! You'll compare varieties like a professional taste tester.

Setting Up Your Experiment

Choose Your Subject:

Tomato  Apple  
 Lettuce  Pepper  Cucumber  Other: _____

Label Your Samples:

- Sample A (Garden/Farmer's Market)
- Sample B (Local Organic Store)
- Sample C (Large Store Organic)
- Sample D (Large Store Conventional)

Note: If you only have 2-3 samples, that's perfectly fine!

Visual & Tactile Analysis (Before Tasting)

Sample A (Garden/Farmer's Market) - First Impressions

Color depth: Pale Medium Deep/Rich Vibrant

Skin texture: Smooth Sticky Waxy Rough Bumpy Other: _____

Firmness: Very soft Soft Firm Very firm



Smell (whole): _____

Smell (cut open): _____

Prediction: How do you think this will taste? _____

Sample B (Local Organic Store) - First Impressions

Color depth: Pale Medium Deep/Rich Vibrant

Skin texture: Smooth Sticky Waxy Rough Bumpy Other: _____

Firmness: Very soft Soft Firm Very firm

Smell (whole): _____

Smell (cut open): _____

Prediction: How do you think this will taste? _____

Sample C (Large Store Organic) - First Impressions

Color depth: Pale Medium Deep/Rich Vibrant

Skin texture: Smooth Sticky Waxy Rough Bumpy Other: _____

Firmness: Very soft Soft Firm Very firm

Smell (whole): _____

Smell (cut open): _____

Prediction: How do you think this will taste? _____



Sample D (Large Store Conventional) - First Impressions

(Skip this section if you don't have a Sample D)

Color depth: Pale Medium Deep/Rich Vibrant

Skin texture: Smooth Sticky Waxy Rough Bumpy Other: _____

Firmness: Very soft Soft Firm Very firm

Smell (whole): _____

Smell (cut open): _____

Prediction: How do you think this will taste? _____

The Scientific Taste Test

Instructions: Take a small bite, chew slowly, and think about each element.

Sample A (Garden/Farmer's Market) - Taste Analysis

Sweetness Level: Not sweet Slightly sweet Medium sweet Very sweet

Other flavors detected: Sour Bitter Salty Spicy Bland

Texture in mouth: Crispy Soft Juicy Dry Chewy Mushy

Flavor intensity: Very mild Medium Bold and strong

Overall impression: _____

Would you eat this again? Definitely! Maybe Probably not



Sample B (Local Organic Store) - Taste Analysis

Sweetness Level: Not sweet Slightly sweet Medium sweet Very sweet

Other flavors detected: Sour Bitter Salty Spicy Bland

Texture in mouth: Crispy Soft Juicy Dry Chewy Mushy

Flavor intensity: Very mild Medium Bold and strong

Overall impression: _____

Would you eat this again? Definitely! Maybe Probably not

Sample C (Large Store Organic) - Taste Analysis

Sweetness Level: Not sweet Slightly sweet Medium sweet Very sweet

Other flavors detected: Sour Bitter Salty Spicy Bland

Texture in mouth: Crispy Soft Juicy Dry Chewy Mushy

Flavor intensity: Very mild Medium Bold and strong

Overall impression: _____

Would you eat this again? Definitely! Maybe Probably not

Sample D (Large Store Conventional) - Taste Analysis

Sweetness Level: Not sweet Slightly sweet Medium sweet Very sweet

Other flavors detected: Sour Bitter Salty Spicy Bland

Texture in mouth: Crispy Soft Juicy Dry Chewy Mushy

Flavor intensity: Very mild Medium Bold and strong



Overall impression: _____

Would you eat this again? Definitely! Maybe Probably not

Final Rankings

Rank your samples from favorite to least favorite:

1st place: Sample __ (_____) - Why? _____

2nd place: Sample __ (_____) - Why? _____

3rd place: Sample __ (_____) - Why? _____

4th place: Sample __ (_____) - Why? _____

Scientific Conclusions

Which growing method produced the best:

- Color? _____
- Smell? _____
- Taste? _____
- Overall quality? _____

Biggest surprise during this experiment:

If you did blind tasting, were you able to guess correctly? Yes No Sometimes

What surprised you most about the blind tasting?



Which type would you choose to buy again?

Was the extra cost of organic/local worth it for the quality difference?

Group Results (if testing with others)

Did everyone have the same favorite? Yes No

Most popular variety overall: _____

Most interesting disagreement: _____

What did this teach you about how people taste differently?
