

Favourite Foods

We have fewer taste buds as we get older. Children have about 10 000 compared to 5000 for an elderly person. This explains some of the differences in food preferences.

What is your favourite food?

Can you think of a different food for each letter of the alphabet?

Challenge: Label whether each type of food is fat (F), protein (P), vegetable (V), dairy (D) or carbohydrate (C).

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

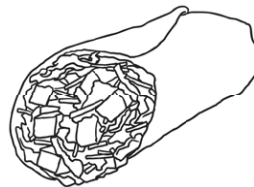
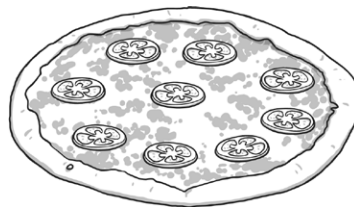
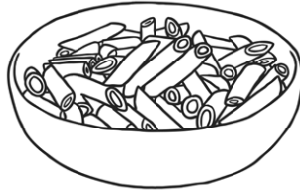
I _____

J _____

K _____

L _____

M _____



N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

Z _____

You could also try to find out:

- which flavours your taste buds can sense;
- how they help you to eat the right things;
- where they are located;
- about the relationship between your sense of smell and your sense of taste.

