

## Unit 2: Science of Taste

**Narrator:** The way we taste food is not as simple as you might think. It's true that when we put food in our mouths, tastebuds on our tongues help us work out what we're eating. However, the experience of what we call taste doesn't just happen in our mouths. In fact, 75 to 95 percent of what we call taste is really about how a food smells.

And there are other senses, too, that we use when we taste food. Our brains take information from all our senses—even sounds we hear—and create the experience we know as taste. For example, if we see a food that is red, our brain will guess that it is sweet. As a result, it may taste sweeter than it really is. Green foods may taste more sour. Black foods may taste slightly more bitter, and white foods a little more salty.

Even shapes affect the way we taste. For example, a dessert served on a round plate may taste a little sweeter. If it is served on a square plate, it may taste more bitter. By learning more about taste, scientists believe we can develop healthier food that still tastes good, making sure we all have a healthier and tastier future.