

Tasting Sweetness Lesson

Watch the google slides on Taste Buds.

Gather Supplies

- 4 glasses
- A little amount of sugar, white or brown works
- 1 cup measuring cup (8 oz jar will do also)
- $\frac{1}{4}$ and $\frac{1}{2}$ teaspoon measuring spoon

Make - Add 8 oz of water into 4 glasses

Add the sugar to the water

Glass 1 – Add $\frac{1}{4}$ teaspoon of sugar

Glass 2 – Add $\frac{1}{2}$ teaspoon of sugar

Glass 3 – Add 1 teaspoon of sugar

Glass 4 – Leave just water

Stir them up until the sugar is dissolved.

Taste - Have someone mix them up or taste blind

	Can you taste sweetness?	Guess which glass (2,3,4)
First taste		
Second taste		
Third taste		

Make your own fruit water drink with a little sweetness.

Try adding fruit to 1 cup of water without any sugar.

Equivalent sugar naturally in the fruit	1tsp = 4 grams of fruit sugar	2 tsp = 4 grams of fruit sugar
Orange	½ of an orange	1 orange
Strawberry	4 large strawberries	8 large strawberries
Blueberry	¼ cup blueberries	½ cup blueberries
Grape	¼ cup grapes	½ cup grapes