Name: _____ Date: _____

Hold Your Nose, Lose the Flavor

Circle group

Play a game with a grown-up. Take a bite of apple. Chew it. What is the flavor?

Now pinch your nose. Take one more bite. The flavor is weak!

Your tongue knows a few tastes. It knows sweet, sour, salty, and bitter. Your nose does the rest. You chew. Small smells go up the back of your nose. Your brain mixes the taste and the smell. That is flavor.

A cold can stuff up your nose. The smells cannot get in. So food seems plain.

Taste and smell are a team.

Questions

1. What do you do the second time you take a bite?

_____

_____

2. What tastes does your tongue know?

_____

_____

3. Where do small smells go when you chew?

_____

_____

4. Why is food plain when you have a cold?

_____

_____

5. When you pinch your nose, which sense do you block?

_____

_____

Words to know

flavor: how food seems to your taste and smell together
sour: sharp tasting, like a lemon
bitter: a strong, sharp taste that is not sweet

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Hold Your Nose, Lose the Flavor

Triangle group

Try a little game with a grown-up. Take a small bite of apple and chew it. Notice the flavor. Now pinch your nose shut and take another bite. What happened? The flavor is much weaker!

Your tongue can tell only a few tastes, such as sweet, sour, salty, and bitter. Your nose does the rest. When you chew, tiny smells float up the back of your nose. Your brain mixes the taste and the smell together. That mix is called flavor.

This is why food seems plain when you have a stuffy nose from a cold. The smells cannot get through, so your brain has less to mix. Your tongue still works, but the flavor is faint.

Taste and smell are a team. Each one needs the other to make food yummy.

Questions

1. What do you do the second time you bite the apple?

_____

_____

2. What can your tongue tell?

_____

_____

3. Where do the tiny smells go when you chew?

_____

_____

4. Why does food seem plain when you have a stuffy nose?

_____

_____

5. When you pinch your nose and eat, which sense do you block?

_____

_____

Words to know

flavor: how food seems to your taste and smell together
sour: sharp tasting, like a lemon
bitter: a strong, sharp taste that is not sweet
stuffy: blocked up so air cannot pass
faint: weak and hard to notice

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Hold Your Nose, Lose the Flavor

Square group

Try a simple experiment with a grown-up beside you. Take a small bite of apple and chew it slowly, paying attention to the flavor. Next, pinch your nose shut and take another bite. What do you notice? The flavor becomes much weaker!

Your tongue is able to recognize only a handful of tastes, including sweet, sour, salty, and bitter. Your nose handles all of the rest. As you chew, tiny smells drift up the back of your nose. Your brain then blends the taste and the smell into a single experience, which we call flavor.

That explains why food seems so plain when a cold leaves you with a stuffy nose. The smells are blocked, so your brain has much less to blend. Your tongue still works perfectly well, but the flavor is faint.

Taste and smell form a team, and each one depends on the other to make food delicious.

Questions

1. What do you do the second time you bite the apple?

_____

_____

2. Which tastes can your tongue recognize?

_____

_____

3. Where do tiny smells drift when you chew?

_____

_____

4. Why does food seem plain when you have a stuffy nose from a cold?

_____

_____

5. When you pinch your nose and eat, which sense are you blocking?

_____

_____

Words to know

flavor: how food seems to your taste and smell together
sour: sharp tasting, like a lemon
bitter: a strong, sharp taste that is not sweet
stuffy: blocked up so air cannot pass
faint: weak and hard to notice

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Hold Your Nose, Lose the Flavor

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Hold Your Nose, Lose the Flavor

Easier · 92 words · Flesch-Kincaid grade -0.6

1. You pinch your nose.
2. Sweet, sour, salty, and bitter.
3. Up the back of your nose.
4. Your nose is stuffed up, so smells cannot get in.
5. Your sense of smell.

Triangle: Hold Your Nose, Lose the Flavor

This passage · 133 words · Flesch-Kincaid grade 1.6

1. You pinch your nose shut.
2. A few tastes, such as sweet, sour, salty, and bitter.
3. Up the back of your nose.
4. The smells cannot get through to your brain.
5. Your sense of smell.

Square: Hold Your Nose, Lose the Flavor

Harder · 152 words · Flesch-Kincaid grade 4.1

1. You pinch your nose shut.
2. Sweet, sour, salty, and bitter.
3. Up the back of your nose.
4. The smells are blocked, so your brain has less to blend.
5. Your sense of smell.