



Activity Guide

Taste Bud Mapping

Module

Taste

Materials required

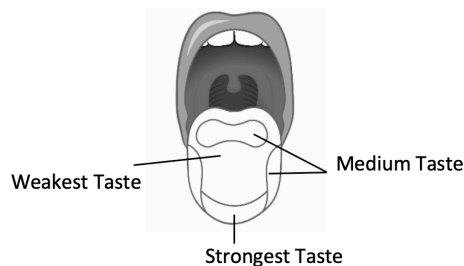
- One or more flavours. E.g., salt water, sugar water, juice, vinegar, tonic water, decaffeinated coffee
- Cotton swabs (each participant will need several)
- Paper cups (taste cups)
- Parachute Brain Waves Student Activity Booklet or the Tongue Map included with this guide.

Preparation instructions

1. If you are not using the Activity Booklet, print copies of the Tongue Map. You will need one per participant.
2. Place the flavour(s) in the taste cups. Participants can share the taste cups in small groups.

Activity instructions

1. Hand out cotton swabs and taste cups to the group. Hand out Tongue Maps if not using the Activity Booklet.
2. Direct students on how to become taste explorers:
 - Dip the cotton swab in the taste cup.
 - Rub the swab on different areas of the tongue - the tip, the sides and the back.
 - Remind students to use a new swab each time they dip! (You should repeat this a few times)
 - Have participants label the tongue map to determine the areas of the tongue that can “taste” the best.
3. When participants are done exploring, you can use the tongue map slide in the Parachute Brain Waves Presentation to label the regions with more and fewer taste receptors.
4. The tip of the tongue has more receptors than the middle of the tongue. The sides and the back have more receptors than the middle, but fewer than the tip. Therefore, the tip should be the “tastiest” region, followed by the sides, back and finally, the middle of the tongue.



Reinforce these learnings

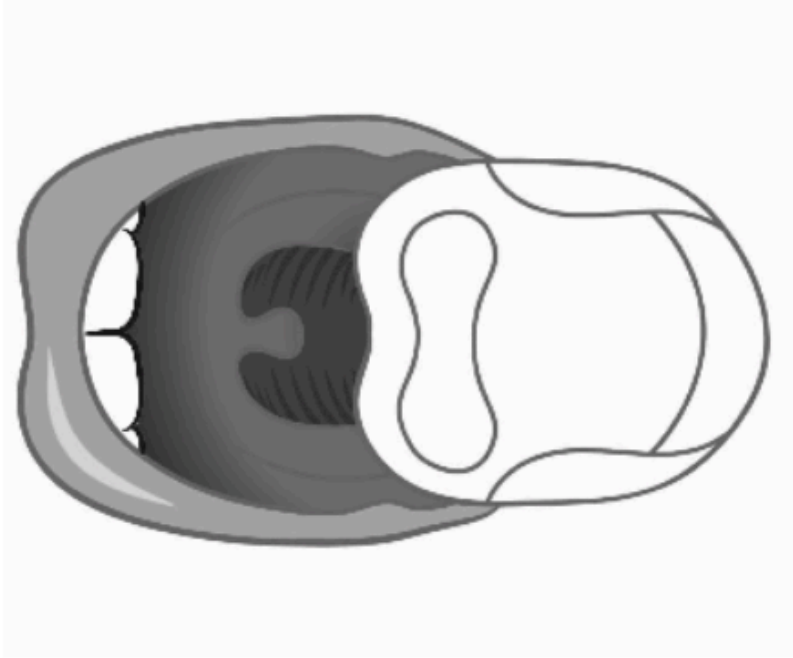
- Your tongue has taste receptors, also known as taste buds.
- Taste receptors send signals to your brain. Tastes are more intense where there are more taste receptors.
- Damaged taste receptors can be replaced – this is important because they are constantly in contact with the outside (e.g., hot liquids, foods, etc.). How is this different from neurons?

Reinforce these injury prevention messages

- Protect your sense of taste by protecting your brain! Wear your helmet, wear your seatbelt, follow safety rules, etc.

Tongue Map Template

Use the Tongue Map to record where you had the "tastiest" sensations!



Use the Tongue Map to record where you had the "tastiest" sensations!

