

Experiment

Do this taste test with someone in your house.

1. Get small quantities of orange, lemon, marmite, salt water and coffee.
2. Blindfold the person taking the test so that they cannot see the items.
3. Get them to taste each in turn. How good are their taste buds?

Now try a test yourself.

1. Take a sweet from a packet of mixed flavours.
2. Hold your nose and pop a sweet in your mouth. What can you taste?
3. Now release your nose. What happens?

What's Happening?

When you let go of your nose whilst eating the sweet did you get an intense burst of flavour? If so, you will have guessed that your sense of smell and sense of taste are linked? That is why when you have a cold or your nose is blocked you don't enjoy food so much as the flavour is weak. Sometimes you can tell whether something is good to eat or not just by smelling it.

Reflection

We have a good sense of taste. When we put food into our mouths we can immediately decide whether that food is good or bad. Our thoughts and ideas also come to us like this; so how do we know when ideas are good and to be continued or bad and to be forgotten?

Psalms & Science *Taste*

Read the Psalm and decide what it might mean to 'taste and see that the Lord is good.'

Psalm 34: 8-14

Taste and see that the LORD is good; blessed is the one who takes refuge in him. Fear the LORD, you his holy people, for those who fear him lack nothing. The lions may grow weak and hungry, but those who seek the LORD lack no good thing.

Come, my children, listen to me; I will teach you the fear of the LORD.

Whoever of you loves life and desires to see many good days, keep your tongue from evil and your lips from telling lies. Turn from evil and do good; seek peace and pursue it.