



TASTING WORKSHEET

Explore Your Five Tastes! SWEET, SALTY, SOUR, BITTER, UMAMI

What you need (choose from the examples listed below or from ingredients you already have at home):

- 1 sweet ingredient
- 1 salty ingredient
- 1 sour ingredient
- 1 umami ingredient
- 1 bitter ingredient
- Tasting worksheet

Example ingredients

SWEET

Sugar
Honey
Maple syrup
Semi-sweet or milk chocolate

SALTY

Table salt
Sea salt
Potato chips
Pretzels

SOUR

Lemon wedge or juice
Pickle
Plain yogurt
Vinegar

UMAMI

Soy sauce
Tomato
Parmesan cheese

BITTER

Cocoa powder
Decaf coffee, brewed
Lemon rind



TASTING WORKSHEET

SWEET

Which *sweet* ingredient are you going to taste?

(Circle one) I like this taste / I don't like this taste / I don't know about this taste

Now taste your sweet ingredient with the four other tastes, what do you think?

SALTY + SWEET

☐ YUMMY!

☐ It's okay / I'm not sure

☐ Yuck, I don't like this

With SOUR + SWEET

☐ YUMMY!

☐ It's okay / I'm not sure

☐ Yuck, I don't like this

With UMAMI + SWEET

☐ YUMMY!

☐ It's okay / I'm not sure

☐ Yuck, I don't like this

With BITTER + SWEET

☐ YUMMY!

☐ It's okay / I'm not sure

☐ Yuck, I don't like this

SALTY

Which *salty* ingredient are you going to taste?

(Circle one) I like this taste / I don't like this taste / I don't know about this taste

Now taste your salty ingredient with the other three tastes, what do you think?

SOUR + SALTY

☐ YUMMY!

☐ It's okay / I'm not sure

☐ Yuck, I don't like this

UMAMI + SALTY

☐ YUMMY!

☐ It's okay / I'm not sure

☐ Yuck, I don't like this

BITTER + SALTY

☐ YUMMY!

☐ It's okay / I'm not sure

☐ Yuck, I don't like this



TASTING WORKSHEET

SOUR

Which *sour* ingredient are you going to taste?

(Circle one) I like this taste / I don't like this taste / I don't know about this taste

Now taste your sour ingredient with the other two tastes, what do you think?

UMAMI + SOUR

☐ YUMMY!

☐ It's okay / I'm not sure

☐ Yuck, I don't like this

BITTER + SOUR

☐ YUMMY!

☐ It's okay / I'm not sure

☐ Yuck, I don't like this

UMAMI

Which *umami* ingredient are you going to taste?

(Circle one) I like this taste / I don't like this taste / I don't know about this taste

Now taste your umami ingredient with your bitter ingredient, what do you think?

BITTER + UMAMI

☐ YUMMY!

☐ It's okay / I'm not sure

☐ Yuck, I don't like this

BITTER

Which *bitter* ingredient are you going to taste?

(Circle one) I like this taste / I don't like this taste / I don't know about this taste

You've already tasted your bitter ingredient with the other four tastes. Which pairing was your favorite? Which was your least favorite?