

Dear Family,

In my class today we learned about our tongue and our taste buds.

Did You Know?

- The sense of taste is one of your five senses: sight, smell, hearing, touch, and taste. Your tongue is a muscular organ that helps with many functions of the mouth, including your sense of taste. Taste buds are sensory organs found on your tongue. The taste buds are contained on and around the bumps on your tongue, called papillae. But papillae are actually cup-shaped, not bumps! The papillae on your tongue work with your saliva and sense of smell to help you taste foods. In fact, without saliva and your sense of smell, you would not be able to taste the different flavors of your food.
- Your taste buds help you experience sweet, salty, sour, and bitter tastes. There are very tiny hairs called microvilli on your taste buds. The microvilli send messages to your brain identifying a flavor as sweet, salty, sour, or bitter. Each person has approximately 10,000 taste buds. Our taste buds are replaced every 2 weeks. Older people have fewer taste buds because their taste buds do not replace themselves.

Ask Your Child:

- Where is your tongue?
- Explain where your taste buds are.
- Describe the different flavors that you tasted.
- Tell me about the foods/flavors you liked.
- Tell me about the foods/flavors that you did not like.

Activities To Do With Your Child:

- Experiment with flavors at home. Try some special sauces, fruits, jellies, juices, and vegetables. Taste them with your child and decide if they are salty, sweet, bitter, or sour.

Vocabulary To Use With Your Child: taste bud, flavor, salty, bitter, sour, saliva