

Salt Tasting Activity

Suggestions for Use in Training

School nutrition directors, managers, or anyone providing training to employees may use this group taste test activity to illustrate the importance of reading Nutrition Facts labels.

Supplies needed

- Potato chips, 2 per person
- Pepper shakers
- Napkins
- Cups and water

Preparation for the Activity

- Use proper food preparation and food safety practices.
- Allow opportunity for participants to wash their hands.

Activity Directions

SAY: Taste preferences are a matter of personal choice. This activity illustrates why reading the Nutrition Facts label is useful in making a choice between two foods.

DO: Give each participant a napkin with 2 potato chips and a cup of water. Place the pepper shakers in easy reach of the participants. Instruct each participant to pay close attention to the perception of salt while tasting each potato chip.

SAY: The focus of this taste activity is the perception of salt. Please feel free to observe this activity if there is a reason you cannot actively participate in the tasting experience.

First, taste a potato chip. Pay attention to the perception of salt. Rinse your mouth with water after tasting, if desired. Next, sprinkle pepper on the remaining potato chip. Place the chip on the tongue so that the pepper touches the tongue before the chip (use a tipping action). Pay attention to the perception of salt.

Salt Tasting Activity *continued*

DO: Ask the participants to think about the questions below.

SAY: Did you perceive one potato chip to be saltier than the other chip? Which taste did you like better? The flavor components of pepper suppress the perception of salt. Peppercorn potato chips have more sodium per chip than plain potato chips. The pepper flavor components affect the perception of salt. Manufacturers add more salt to peppercorn potato chips to increase the perception of salt's flavor.

A person might expect the sodium content of all types of potato chips to be similar. Compare products to find any differences. Make the choice that is right for you.

Additional Handouts

For additional handouts to support this activity, refer to the Tools and Tips for Trainers content list on the ICNWeb site.

- Dietary Guidelines Fact Sheet
- Serving the Dietary Guidelines With Style
- Healthful Eating and Healthy Weight
- Healthful Eating Guide

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

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01/2017

