

Water, tasty?!

Blind tasting

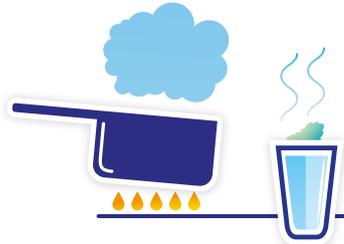
Issue: fill 6 glasses with different kinds of water and then get the child to taste them. And note down their reactions! Help them express what they feel, what they like... Develop their taste awareness, their vocabulary, their imagination.

Preparation

- 6 identical glasses
- 1 bottle of sparkling water
- 1 bottle of magnesium-rich water
- 1 bottle of still water
- 3 fresh mint leaves
- 1 pinch of salt

1.

Boil some tap water and pour it into a glass. Dip the fresh mint leaves into it and leave it to cool for a few hours. Remove the mint from the glass, and the experiment can begin!



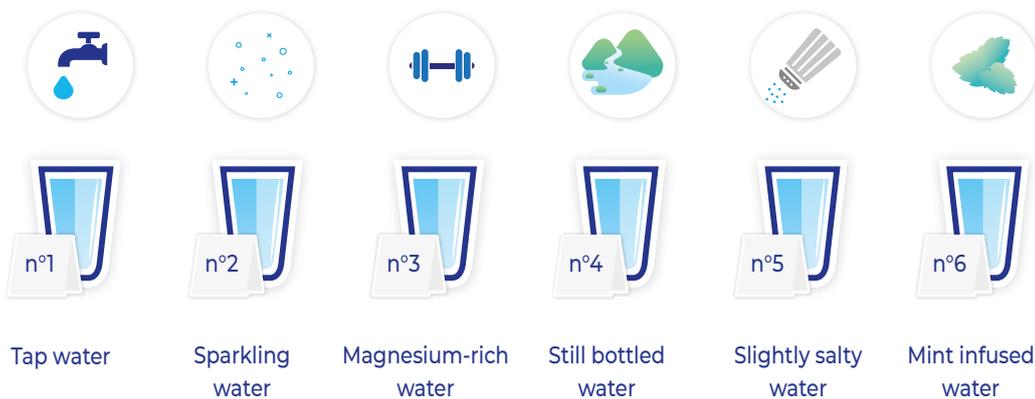
2.

In another glass, containing tap water, dilute the pinch of sea salt. The water must not be undrinkable but must have a slightly salty taste for the child.



3.

Fill up the glasses and arrange them in a row in this order:



This is how to present the little experiment to the child

Do you think you know everything about water?

Well, let's have a little tasting game! See if you can recognise what you're drinking. Water, of course...

But which water? You can look, smell, stir it before having a little sip. And then as much as you like. Tell us which you like best... And why!

A water waiter,
a skilled job!

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Class 1 Tap water

Reactions vary depending on whether the child is used to drinking tap water or used to drinking bottled water. Tap water may have a chlorinated taste, which reminds them of the swimming pool. Or, on the contrary, if it's the reference water, have no taste for them. All the responses are connected to the child's memory, but their imagination too. The richer their vocabulary, the more the responses will be precise. The younger the child, the more the responses will be visual.



Class 2 Sparkling water

Water which stings, water with pepper, water which bursts in your mouth, water which burns, water like a ball which flies away, champagne water, party water, water which plays music, etc. Their imaginations are surprising!



Class 3 Magnesium-rich water

Magnesium-rich water is the heaviest in the mouth. It has a stronger taste, not always pleasant depending on its exact composition. The child may make a face when first sipping it. Encourage them to take another sip and then explain to them that this water is enriched with magnesium (found in green vegetables or... in plain chocolate) for people who have a temporary lack of magnesium. Pregnant women often need to drink magnesium-rich water as their needs increase when carrying their baby which draws on their reserves.



Class 4 Bottled still water

Still water is very pure. It's the moment for the child to drink as much as they like! It's soft in the mouth and caresses the tongue. It's the water that comes down from the mountains, melted snow. It's the water of fairies... It's the water which sometimes comes from the depths of the earth and which travels a very long way. Many people think it doesn't taste of anything, but it is often rich in minerals and trace elements from its journey through the rocks, which clearly results in a variety of tastes. Encourage the child to find their own responses to express what they feel.



Class 5 Slightly salty water

If the child says they're swallowing sea water, it means that the pinch of salt was more like the whole salt cellar! Gradually add a little bit of salt, telling the child to close their eyes, before tasting again. A little taste of sweat? Of summer? A taste enhancer, salt is everywhere. Even in the mildest things... You mustn't have too much, and not systematically add salt to a dish without having tasted it. Over-salty water is a way of showing this!



Class 6 Mint infused water

The hardest kept to the end! The water is not coloured, but by sniffing the glass, the child should detect there's an extra smell. Or they have a cold! Help them recognise the flavour by asking some questions. What does it make you think of? Have you already seen it in a garden... It's sometimes contained in sweets... People put it in tea... Make their senses travel!

