Learning activity 1

Seeing is Deceiving

Study how appearance affects flavour perception.

**Method**

1. Prepare four glasses of drinking water in equal amount.
2. Add different flavourings and colourings into each glass of water. Stir.
3. Ask students to guess what flavour the four glasses of liquids are by looking at their appearances.
4. Taste each glass of liquid and tell the flavour.

**Suggestions of materials**

Note that the flavourings are not supposed to match with the colours associated with common food. (For example, do not add grape and purple in the same glass.)

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|  | *Flavouring* | *Colouring* |
| 1. | Grape | Yellow |
| 2. | Banana | Red |
| 3. | Coconut | Orange |
| 4. | Mint | Purple |
| 5. | Vanilla | Green |
| 6. | Coffee | Blue |