

CONTENT:

- **To be complete once the children have cooked the mushrooms at home.**
- Students will learn the 5 different tastes our mouth can recognise.
- As a class you will create a recipe which includes mushrooms to be shared with the school community.
- Students to share their knowledge on mushrooms in a fun and yummy recipe.
- Students will take pride in knowing the process of mushroom growth from spore, to plate as they create the recipe.

SUMMARY OF TASKS/ACTION:

- 1) This lesson is to be completed after the children have cooked the mushrooms at home.
- 2) With the use of Resource 1, explain to the students the 5 different tastes that our tongue can recognise; sweet, salty, sour, bitter, and umami.
- 3) Have a discussion around the 5 different tastes and ask if they can identify foods that belong to each of the taste groups.
- 4) Ask the students what they thought the mushrooms tasted like.
- 5) Create a class recipe which includes mushrooms and the word umami to share in your school newsletter. This is a way to share with your school community and families your knowledge of mushrooms and a yummy recipe. Focus on procedural writing, numeracy as you explore the measure and volume and the wonderful science of cooking!

DID YOU KNOW:

Umami is frequently described as a taste that "spreads across the tongue, coating it."

Experiments on the tongue's areas of taste receptivity have shown that sweet and salty tastes are sensed more intensely on the tip of the tongue, while umami is sensed all across it.

EXTENSION:

Have fun exploring these tastes with your family! Set an at home task for the students to taste one thing from each of the 5 categories of taste and report back to the class.

Visit Umami Information Centre Website for an incredible amount of information on umami.

There is a range of resources and areas of focus you could lead into.

www.umamiinfo.com/what/whatisumami/

CURRICULUM LINKS

English: Literacy (ACELY1682) (ACELY1694), Language (ACELA1498)

Mathematics: Using units of measurement (ACMMG084) (ACMMG061)

Health and Physical Education: (ACPPS041)

General Capabilities: Critical and Creative Thinking, Literacy and Numeracy.