

# Are you a supertaster?

## Things you'll need:

- Paper
- Hole punch
- Blue food colouring
- Cotton bud
- Torch
- Glass of water for each participant
- Magnifying glass/ camera



## Step 1.

Get the paper and hole punch it, Cut the piece to around 1cm x 1cm and put to the side for now.



## Step 2.

Get the cotton bud and dip it in the blue food colouring. Use a different cotton bud for each participant.



Wipe across the tip of the tongue, until the tongue is faintly stained with the blue.



### Step 3.

Put the piece of paper on the tongue where the blue stain is and count how many red bumps you can see through the blue.

You are looking for the mushroom shaped bumps which are fungiform papillae. These are the ones that have our taste buds on.

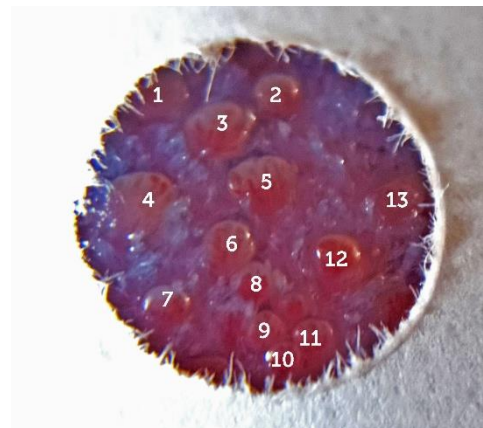
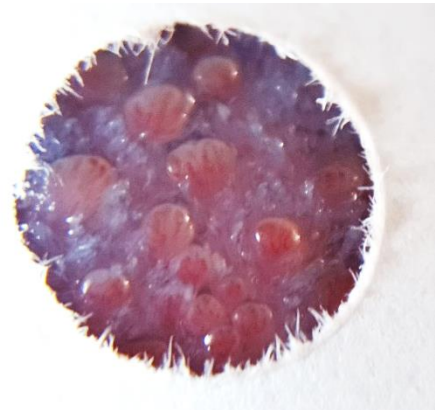
To count them, use a magnifying glass or a macro lens on a camera/camera phone. This just makes it easier to see them and get a more accurate count of fungiform papillae.

If you have:

- Less than 7 fungiform papillae you are a non-taster
- 8-13, you are a normal taster
- 14+ you are a supertaster

Around 25% of people are supertasters.

A sip of water will get rid of any dye on the tongue.



We'd love to see your taste buds! Share your pics with us on Twitter, Instagram or Facebook!!

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