One of the most important senses we use everyday is our sense of taste. You might already know people don't always like the same things, some people enjoy sour candy while others don't like it at all. There might be a secret reason why they don't like certain tastes and it all comes down to their tongue. There are people who we call SUPERTASTERS who can taste bitter things better than most other people! Their tongue has more receptors, or taste buds, that are able to pick up bitter flavours. Are you curious to know if you are a supertaster?

What you’ll need for this experiment
- blue (or dark) food colouring
- q-tip
- paper and holepunch
- magnifying glass or phone

One way to test if you are a supertaster is to examine your tongue (with a little help).

- First, punch a hole in a piece of paper using a hole punch (or roughly 5-6mm in diameter).
- Next take some blue food colouring on a q-tip and paint a small circle on your tongue.
- Place the paper on your tongue. You should be able to see the blue part of your tongue through the hole punched area.
- Use a magnifying glass or the zoom on your phone to examine the dyed area. You'll see bumps that are still pink at the top. Those are your taste buds!
- The last step is to count the bumps you see in that circle. If you have more than 35 you’re probably a supertaster, if you have less than 35, you’re a normal taster.