

Experiments for clever foodies

Intensive aroma

Do you ever come into the kitchen and know what's cooking before seeing the food? Our noses do us a great service in this and other situations. If a food item is spoiled, for instance, we can usually tell from the smell before seeing the problem. But although the aromas that we smell are invisible, we can still "capture" them. Try it out!



You need:

- 1 unwaxed lemon
- about 100 mL of neutral, almost colorless cooking oil
- 2 screw-top jars, such as jam jars
- 1 kitchen grater
- 1 fine mesh sieve (tea strainer)

To be able to taste the results of the experiment, make sure you wash the lemon well and use clean kitchen utensils.

IMPORTANT: Ask an adult for help using the grater.

Here's how it's done:

- 1 Grate the lemon zest into a jam jar.
- 2 Add the oil.
- 3 Screw the top tightly on the jar and shake it for a while. Then leave it to stand overnight.
- 4 Pour the contents through the strainer into the second jam jar.

What do you notice? Test with your eyes, nose and tongue.

Happy experimenting!

Other things you could investigate:

- What about making a delicious orange oil? Or you could get some herbs with a strong aroma and make herb oils the same way you made the lemon oil. Ask someone who likes cooking which foods you can prepare using your flavored oils. If you close the jars tightly and place them in a cool, dry place, you can store the oils for a while and use them again and again.
- Choose 2 or 3 strongly scented fruits and vegetables that you love. Eat a piece of each and memorize the taste. Then hold your nose tightly and have another taste. Compare the taste.

Did you know?

Fruits and vegetables contain not just pigments but countless aromas as well, which we can both taste and smell. Taste and smell are closely linked: 90 percent of the flavor we get from food is from our sense of smell. You may notice this if you have a heavy cold. With a stuffed nose, food just doesn't taste the same.



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To mark the 20th anniversary of the company's hands-on labs for children, BASF developed the "Clever Foodies" workshop themed around healthy nutrition with fruits and vegetables. The workshop is hosted for elementary school children around the globe. Find more experiments to do at home at: www.basf.com/clever-foodies