

# Food descriptor twister



## You will need...

- Printed out descriptor lists (page 2) for taste and texture
- 2 x cardboard tubes the same size from the centre of kitchen rolls
- You'll also need a ruler, pencil, scissors and sticky tape

Get a grown-up to help with the cutting bits if needed.

If you want to decorate your twister you could paint it or cover in sticky-back plastic

We'll be using these tubes one inside the other so...

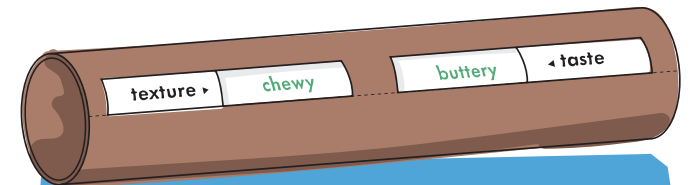
## For the outside one...

- 1 Draw two straight lines 1cm apart all the way along the tube you're using for the outside of the twister. Mark the centre point on the tube and mark 1cm and 6cm along in both directions from the centre point. Mark out the areas.
- 2 Cut all the way along one of your lines along the tube then carefully cut out the rectangles of cardboard from 1cm to 6cm on both sides.
- 3 Put a line of sticky tape up the inside of the cut from the end of your cut-out rectangle but leave a small gap of around 2mm all the way along the split.
- 7 Cut out your labels. Stick the texture one on the left side of the tube, covering the split with a length of sticky tape. Stick the taste one on the right side of the tube, covering the split with a length of sticky tape.

The outside tube should be tight enough to grip the inside ones but still loose enough that you can turn them round by putting your thumbs inside the ends of the tubes.

## For the inside one...

- 4 Measure the length of the tube. Mark it in the centre and cut into two halves.
- 5 Cut out both descriptors lists around the dotted lines. Wrap them tightly around each of the two halves of the tube and fasten at each end with sticky tape.
- 6 Put the inside tube with the texture descriptors in the left side of the outside tube, Repeat with the taste descriptors on the right side.

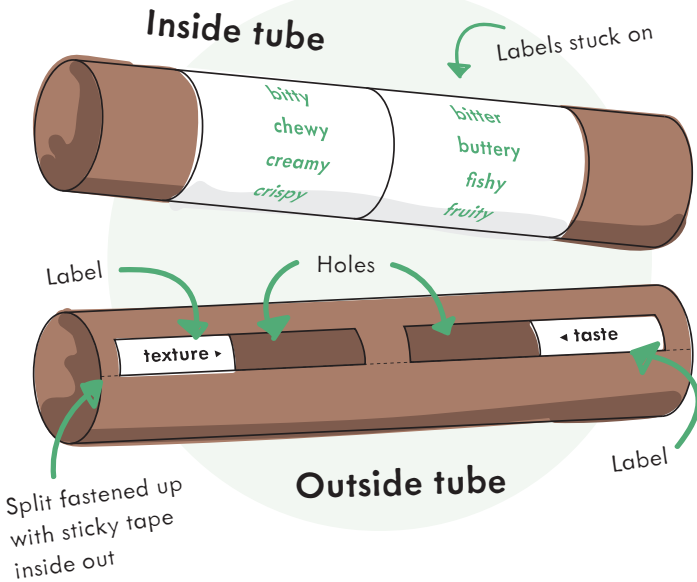


Now you're ready to turn the food descriptor twister to describe the food you eat.

When you first taste your food think about how it feels in your mouth – the texture of it and what the taste makes you think of.

# Food descriptor twister

## Labels



### Taste descriptors list

bitter  
buttery  
fishy  
fruity  
nutty  
rancid  
salty  
sickly  
sour  
spicy  
sweet  
umami

This edge goes up to the right end of the inside tube

This edge goes up to the right end of the inside tube

### Texture descriptors list

bitty  
chewy  
creamy  
crispy  
crunchy  
fluffy  
greasy  
hard  
lumpy  
powdery  
smooth  
soft