



TOMATO TASTE TEST

SETTING UP A TASTE TEST

Have fun exploring the variety of tomatoes available in late summer and early fall. Stage a taste test with your family and explore your own taste preferences with the help of the flavor profile sheets. Buy (or grow) several different varieties of tomatoes (for ex. cherry tomatoes, red slicing tomatoes, heirloom tomatoes).

Taste testing tips:

- For extra fun, set up your taste test as a blind taste test. Use a blindfold so that you can't identify which variety you are tasting.
- Take your time. Smell each fruit. Tomatoes are fruits scientifically-speaking! Chew slowly to allow your taste buds to fully experience your sample.
- Look at the data! Compare with your family members. How did they think that tomato tasted? Is there an overall winner or are your family members' taste preferences across the map?
- You can take this activity and adapt it to any kind of fruit or vegetable or other food of which you can find at least three or more varieties.

Have fun 😊



TOMATO VARIETY:

Tomato Flavor Profile

Check the boxes that best describe the flavor:

Descriptor

Bold	
Earthy	
Fruity	
Juicy	
Mild	
Savory	
Smoky	
Sweet	
Tangy	
Tart	
Well Balanced	

Rate the overall taste:

Poor	Acceptable	Good	Very Good	Excellent



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