Are You A Supertaster

Materials:
- Cotton swab
- Blue food coloring
- Hole punch reinforcement
- Mirror

Procedure:
1. Using the cotton swab, dab the blue food coloring onto the tip of your tongue.
2. Once you have a blue spot (at least the size of a quarter), place a hole punch reinforcement over the spot.
3. Hold your tongue out and start counting! Use the mirror to count the number of bumps inside the hole punch reinforcement that still appear to be pink.
4. If you count more than 25 pink bumps in that area, you are a supertaster!

The Science:
Each bump on your tongue is called a fungiform papillae and each one contains hundreds of taste buds! There are 3 categories of tasters: non-tasters, average tasters, and supertasters.

A supertaster has more taste buds than the average person, which means they will often have very strong likes and dislikes for many foods. For example, supertasters say that foods like broccoli, cabbage, spinach, grapefruit and coffee are very bitter tasting. In contrast, non-tasters do not decipher many flavors at all – they often report most foods as bland or completely tasteless.