

## Water taste test

It is very important that kids get enough water every day. Water is a healthy beverage that keeps our kidneys working and other parts of our body working too. Water is a healthier beverage choice than soda or sugary drinks and should be drank throughout the day. Milk and 100% juice are other healthy beverage choices, but you need plenty of water. 100% juice should be limited to 8 ounces or less per day.

Can you taste the difference between different types of water? Which is your favorite type of water?

Ages: Any!

Supplies needed:

- Various types of water – tap water, ice water, bottled water, etc.
  - Optional- make your own fruit infused water by adding sliced fruit of your choice to a pitcher of water. Let the fruit sit for at least 10 minutes, before trying. Remove fruit slices after a few hours, or sooner if desired.
- Several glasses
- Paper to label each glass, and paper to create “answer key”

Instructions:

- Line up glasses on the table. Place a numbered slip of paper next to each glass.
- Pour a different type of water into each glass. Write down on the answer key which type of water was in each glass. Have someone who is not participating in the taste test pour each glass and hold onto the answer key.
  - If multiple kids are participating, you can give them each their own glass of each type of water.
- Take a sip of glass # 1- Is it hot, room temperature, or very cold? How would you describe its taste? Can you taste any flavorings? What do you think they are? Do you like or dislike it? Write down the answers to these and any other observations you have about glass #1.
- Do the same for all the glasses in the taste test. What was your favorite?
- Reveal what type of water each one was. What do you think? Do you have a favorite type of water? Did everyone like the same type or did you have different opinions?