Objective: To avoid over-eating foods that smell delicious.

Warm-Up Questions:
1. How do you think apple pie would taste if you smelled onions while eating it? Why?
2. How would you feel about eating lunch while sitting next to a smelly garbage can?

Activity:
Materials:
- Wheat Thins
- Mint gum

- Unwrap the mint gum and put it into the box of Wheat Thins. Do this the day before doing the class activity—this will cause the Wheat Thins to taste like mint.

Procedure:
1. Give each student a few Wheat Thins to eat (do not tell the students that the Wheat Thins have been tainted with mint flavor).
2. Have a class discussion about how the students’ felt about tasting an unexpected flavor (mint).

Discussion Questions:
1. How does the odor of a food affect how enjoyable it is to eat?
2. How could you stop someone from wanting to eat a second helping of chocolate cake?
3. If you ran a bakery, what would you want your customers to smell when they came in?

Take-Away Facts:
1. If a food smells delicious, you will eat more.
2. If a food smells strange, you will eat less.
3. If you want to get people to eat more fruits, put out ripe, pleasant-smelling varieties.


© Dr. Brian Wansink 2006
The Nose Knows Best
The smell of a food affects how much of it you eat *

Take-Away Facts:
1. If a food smells delicious, you will eat more.
2. If a food smells strange, you will eat less.
3. If you want to get people to eat more fruits, put out ripe, pleasant-smelling varieties


© Dr. Brian Wansink 2006