

„Blind tasting“

Creativity applied to Sadness

„Creating Wellbeing“

CREATIVITY APPLIED TO SADNESS

1. NAME OF THE ACTIVITY

Blind tasting game

2. DESCRIPTION

Blind tasting is a great activity to move the attention from sadness by placing participants focus on the sense of **taste**. A blind tasting game is when participants taste different items while blindfolded and try to guess what they are.

Choose some memorable products — and see whether residents can figure out what they are when blindfolded. After that, ask them to discuss their experiences with these dishes.

This activity is recommended and works best with senior with mild to moderate conditions because it requires a certain degree of participations and coordination.

3. OBJECTIVES

- Alleviate the emotion of sadness by shifting the focus on the sense of taste
- Improve mood
- Encourage participation
- Generate interaction between participants

4. RESOURCES AND MATERIALS

- Blindfolds
- Different food products
- Writing utensils
- Plates and cups
- Napkins

5. IMPLEMENTATION – INSTRUCTION

Pick the Products

The most typical blind tasting tests are for wine, although you can taste anything. You can find a list with ideas later in this document at point 6. We recommend that you choose between 5 to 7 types of products for the participants to taste.

Prepare

Here's a basic preparatory checklist:

- ✓ Have something to cover the taste-testing goods
- ✓ Everyone will need glasses, cups, or plates
- ✓ Each taster will receive a pen and paper
- ✓ Water for rinsing and moisturizing the mouth

Invite the audience and explain the activity

Explain how you'll perform the blind taste test, including how many items they'll sample and suggestions for what to put in the comments.

Tell them the most crucial guideline of doing blind taste tests: don't talk about the items while tasting. You don't want one person's thoughts and feelings to influence everyone else's.

Steps of the activity

- 1.** The host makes sure everyone is blindfolded and distributes pen and papers for everybody
- 2.** The host chooses the first product and distributes it to the participants to be tasted. Each participant has 1 minute to taste and think about the product
- 3.** The host takes away the product that was tasted and instructs the participants to remove the blindfolds
- 4.** Participants have 3 minutes to write down the name of the product and as many characteristics as possible (good/bad, sweet/sour, hard/soft, etc.) of the product they just tasted. The longer the description, the better it is.

Note: it is very important that participants do not talk to each other about the product or take a peek at others' notes

- 5.** After everyone finishes writing, one by one, participants read what they have written about the product
- 6.** After everybody is done reading its notes, the host reveals the product and participants laugh and discuss. To avoid a chaotic discussion, it's best if the host moderates.

Now you repeat the same steps for the remaining products.

6. POSSIBLE MODIFICATIONS AND INSPIRATIONS

Ideas of different products to choose from:

- Cheddar cheese
- Bell peppers in many colors
- Carrots
- Raisins
- Olives
- Almond milk
- Whole wheat bread and white bread
- Different kinds of berries
- Real beef hamburgers and vegan hamburgers
- Fish sauce
- Coconut water
- Different types of spices
- Different flavors of tea

7. EXPECTED RESULTS

This activity is known to be a mood booster because it is captivating and requires active participation. The focus goes on the taste sense more than anything else and negative feelings are quickly forgotten because of the active participation. It is expected that elderly people will be more relaxed and have an improved general mood after performing "The blind testing game"

8. PREPARED BY

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