January 13

We started research and this is what we found:

<https://www.sciencebuddies.org/science-fair-projects/project-ideas/FoodSci_p081/cooking-food-science/does-color-affect-taste>

Told me about appearance, especially colour in food will trick your brain into believing that it tastes different otherwise.

<https://www.foodunfolded.com/article/how-does-colour-affect-the-way-we-eat>

This website was very useful for research. It told us that color is very much associated with the way we taste something. It told us that we as people associate colors with taste like for example most people associate red and pink with sweetness, green and yellow with sour, white with saltines and black and brown with bitterness. And even infants start picking up these colour and food codes.

[https://www.scientificamerican.com/article/expectations-influence-se/#:~:text=Tastebuds%20alone%20do%20not%20 determine,taste%20 registers%20in%20the%20 brain](https://www.scientificamerican.com/article/expectations-influence-se/#:~:text=Tastebuds%20alone%20do%20not%20determine,taste%20registers%20in%20the%20brain)

This website gave information that taste buds do not just determine the taste of stuff, expectations also play a small part in the way something tastes.

January 14

We are busy

<https://zoe.com/learn/how-color-changes-taste-flavor>

January 15

We started our procedure and finished research and hypotheses.

Feb 3

We continued the creation of our procedure.

Feb 20

We conducted our experiments

 March 5

We analyzed all the data and got our trifold

March 6

We started to put together the trifold and plan the design.

March 7

We started to deceste

March 8

Today we have finished our trifold and all of our work on the website.