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Season 1, © 2008 • 13 x 23 mins

Season 2, © 2009 • 13 x 23 mins

CHILDREN'S FILMS, CHILDREN'S  
STORIES: LIVE ACTION,  
ENVIRONMENT, NUTRITION,  
FOOD SUPPLY, HEALTH ISSUES,  
PERSONAL SAFETY, SCIENCE

### Season 1

PPR the series \$1995

PPR \$195 per episode

S Sch the series \$795

S Sch per episode \$75

HUO the series \$495

HUO per episode \$49.95

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**Taste Buds** is a hands-on, live action food adventure series for kids that encourages them to think about what they eat and how to explore fun foods from the world around them.

**TastebudsTV.com** continues this adventure with "how to" cooking methods, delectable recipes and gripping games. The result - a jump-start for kids as they begin to cook and create together in the kitchen.

**Taste Buds** and **TastebudsTV.com** aim to:

- Fuel kids as they make healthy food choices.
- Encourage kids to learn about different cultures through taste adventures.
- Communicate kitchen safety and fun food facts to kids.
- Encourage kids to practice environmental savvy.

**Taste Buds'** creators believe that by fostering an open attitude to new experiences, expanding cooking vocabulary, and increasing food knowledge, the show and site extend the cooking experience beyond the couch and into the home kitchen.

[www.tastebudstv.com/home.php](http://www.tastebudstv.com/home.php)

[tastebudstv.com/parents/](http://tastebudstv.com/parents/) - Extra Resources

## SEASON 1

### Episode #1 - Foods that Smell

Lily and Avery follow their noses to find out what gives foods their amazing aromas. Avery enjoys a super garlicky Caesar salad, then tries to sniff out a cure for his ghostly garlic breath. Lily makes a splash at the fish market where she gets to the bottom of seafood's suspicious smells. Together, they take on the ultimate olfactory challenge: recreating Matt's Amazing Seafood Chowder, by sense of smell alone!

### Episode #2 - Foods that Melt

Watch foods melt before your eyes! Chill out as Lily tries to solve the mystery behind Baked Alaska, a frozen dessert that doesn't melt in the oven. On the hunt for a simple snack, Avery visits a local cheese shop and discovers there's more to cheese than just cheddar! Back at the kitchen with Matt, Lily and Avery use a variety of cheeses and fresh veggies to see who can make the best twist on an ooey-goey melted favourite: grilled cheese sandwiches!

### Episode #3 - Foods that Grow

Ready Set Grow! With a garden's worth of greenery, Avery grills up a batch of veggie burgers. Lily heads into the field to unravel a mystery: how do greenhouses help veggies grow in winter (Psst. The secret is right under your feet). Then our duo discovers a funny thing about tomatoes - they're actually fruit! And avocados are actually berries! Turn them into dip and discover a delicious treat!

### Episode #4 - Foods that Stick

Lily's coming unglued! Can Matt help her find the fix for chicken fingers that stick to the pan? Avery tackles the art of making Japanese sticky rice at a sushi restaurant. But, when the octopus sushi gives him the willies, will he be able to stick to the task? Our hosts really bond when they compete to see who can make the stickiest snacks. With all this fun, you'll want to stick around!

### Episode #5 - Foods that Fuel

Fill 'er up! When Avery needs to up his energy, he discovers that sugary sports drinks can't beat the boost he gets from his home made Power Smoothies and Awesome Fuel Bars. Lily hits the ice with an Olympic gold-medal hockey player and finds out what happens when you try to run on empty. Will the right snack get her back on track? Lily and Avery head back to the kitchen for a batch of the ultimate, high-octane meal: a new take on traditional spaghetti & meatballs!

### Episode #6 - Foods that Crunch

It's crunch time! Lily fights soggy cereal with a crunchy batch of her very own granola and learns the history behind crunchy breakfast cereals with History Buff. Avery visits an apple orchard, where he meets an apple expert and learns how apples get from the tree to your local grocery store. Avery and Lily team up to make homemade oven-baked chips, and use their Crunch-o-meter to find out which kind of healthy chip is the King of Crunch!

### Episode #7 - Foods that are Flat

The Taste Buds get the skinny on their favourite flat foods. Lily and Matt make two mouthwatering kinds of mandarin orange crepes and discover that one of the flattest foods is also the most versatile. Avery visits an Ethiopian restaurant, where they skip the cutlery and try different toppings on the deliciously flat injera bread. Then Lily & Avery make a selection of slim and healthy sandwiches to find out which is their flat-out favourite.

### Episode #8 - Foods that are Sweet

When Chillbot alerts Lily that her root beer float will have her floating in sugar, can she find a way to beat the heat with something that's not too sweet? Avery taps into the secrets of an authentic sugar shack, and finds out how oh-so-slow maple sap becomes oh-so-sweet maple syrup. Then Lily and Avery flip for their own fabulous flapjacks - and discover that fresh fruit is the perfect pancake companion. Sweet!

### Episode #9 - Foods that are Purple

Purple powers activate! Avery and Matt cook up some freaky purple mashed potatoes with a side of purple coleslaw and then get artistic when they realize their plates need a little more colour. Lily ventures out to a gelato emporium to sample their rainbow-coloured flavours, learn how gelato is made, and find out if colour can affect a food's taste. Then it's blackberries versus blueberries as our hosts ask which fruit contains the most purple-staining action!

### Episode #10 - Foods that Sizzle

Avery makes some noise when he and Matt create chicken & veggie fajitas with that classic restaurant sizzle. Lily gets cooking right at her table when she visits the sizzle experts: a Korean barbecue restaurant. Then it's a sizzle showdown as the Taste Buds cook up a traditional Greek feast... and see which skewered delight is the loudest on the grill. These foods have something to say!

### Episode #11 - Foods that Rise

Rise and shine! The Taste Buds expand their food horizons! Avery tries to see how high he can make a strawberry shortcake rise, and the result towers above anything he's made before. Lily tours a bakery to find out if the rumour is true: that bread rises because of gases given off by - yuck - fungus! Back at the kitchen, Matt helps Lily and Avery stack up some new uses for day-old bread, with delicious results.

### Episode #12 - Foods that Stretch

Can you make your food streeetch? When Matt and Lily make pizza dough that breaks instead of stretches over the pizza pan, Science Whiz shows them how kneading the dough is the key to the science of stretch. At an authentic noodle restaurant, Avery watches a professional noodle puller hand-stretch 1000 strands of noodles. Back at home base, Avery and Lily stretch out the noodle dough for their own take on Italian ravioli!

### Episode #13 - Foods that Crack

When her store-bought taco shells crack into a gazillion pieces, Lily cooks up a batch of home made taco shells that crunch without cracking. Meanwhile, Avery investigates how chickens lay eggs without cracking them, and makes a trip to see some of the biggest eggs of all - at an ostrich farm! Then our hosts take a crack at cooking each other's favourite omelet, and the results have Matt cracking up!



## SEASON 2

### Episode #1 - Foods that Flow

- Looking for ways to have a meal in a cup, Avery visits a juice bar to make fresh fruit smoothies.
- Lily tries her hand at goat milking at a goat dairy farm.
- Back in the kitchen, Matt demonstrates how to taste two delicious soups in the same bowl.

### Episode #2 - Foods that Ooze

- To win gold in the "Ooze-lympics" Avery goes to Chef Dufflet's kitchen to make Molten Chocolate Lava Cake.
- Lily gets fresh honey at a bee farm.
- For the final event, Matt challenges them to make extra-oozy, stuffed pizzas.

### Episode #3 - Foods that are Hot

- The Taste Buds are spicing up their lives! Lily drops in on Chef Lily Pottinger to make a classic spicy Jamaican dish, Jerk Chicken.
- Avery tests his tolerance for hot peppers at a hot sauce store.
- Then it's back to the kitchen to see whose fiery wings will bring Matt to tears.

### Episode #4 - Foods that Make You Pucker

- In this sour half-hour, Avery and Chef Winlai Wong make Pork Pot Stickers with a sour vinegar sauce.
- Lily follows a cucumber's journey to becoming a sour pickle at a pickle factory.
- In the kitchen, Matt challenges them to make fruity ice pops with serious pucker power.

### Episode #5 - Foods that Make You Smile

- Some foods just put a smile on your face! For Avery, it's mini carrot cupcakes with Chef Morag Cleevely.
- Lily is all smiles while visiting a chocolate maker.
- Then it's cooking time with Matt, where they make three kinds of delicious fries that are actually good for you!

### Episode #6 - Foods that are Super-Powerful

- Avery whips up a power-packed dinner with Chef Robert Bartley, who makes meals for Toronto's top sports teams.
- Lily visits a butcher shop to make super-charged chicken and veggie sausages.
- Things heat up in the kitchen for the big chili cook-off.

### Episode #7 - Foods that are Wrapped

- Can a meal be wrapped like a present?
- Lily finds out with Chef John Klianis when they prepare Spanakotiropita.
- Avery makes authentic Mexican tacos at LaTortilleria.

### Episode #8 - Foods that Start with Q

- Can you name a food that starts with Q?
- Avery makes Quiche with Chef Jean-Jacques Texier.
- Lily visits a sheep farm to check out a creamy, little-known cheese called Quark.
- Back in the kitchen, they take on Matt's Quirky Quesadilla Challenge.

### Episode #9 - Foods for the Brain

- Lily knows the smartest way to start the day is with a good breakfast, and meets Chef Donna Dooher to make Green Eggs and Ham.
- Avery finds out why fish is called "brain food" at an aqua-culture centre.
- Matt keeps score as the two make some "berry" good-for-your-brain deserts.

### Episode #10 - Foods that are Fancy

- Lily goes uptown and discovers the secret to making the perfect Crème Brûlée with Pastry Chef Joanne Yolles.
- Avery gets dressed up for some fine dining.
- Together with Matt, they turn leftover mashed-potatoes into a fancy soufflé.

### Episode #11 - Foods that are Raw

- No stoves allowed as our hosts learn the art of un-cooking. Avery makes a raw, veggie lasagna with Chef Jennifer Italiano.
- Lily checks out a rooftop garden in the middle of the city.
- Together with Matt, they prepare two cold soups: one fruit and one vegetable. Raw-some!

### Episode #12 - Foods that are Ooey-Goey

- Avery satisfies his ooey-goey craving by making mac & cheese with Chef Bonnie Stern.
- Lily visits a bubble gum factory.
- Back in the kitchen with Matt, they throw together an extra ooey-goey plate of nachos

### Episode #13 - Foods for Dudes

- Some foods just make you say "dude!" For Lily, it's Mini Falafel Burgers which she makes with Chef Stuart Betteridge.
- Avery visits a renowned steakhouse to grill the perfect steak.
- Then it's back to the kitchen with Matt to make the craziest dude-sert ever: Chocolate Salami. Dude!