



# Podcasts for You and Your Kids (Nutrition Edition)

Access podcast episodes by clicking on the names of the episodes.

All podcasts are also available on other platforms (Spotify, Apple Podcasts or YouTube).



## Brains On! by American Public Media

Award-winning science podcast for kids and curious adults.

### Special Nutrition Episodes

- Flavor Facts: Why Food Is So Delicious (35 min)
- Salty snack science: Popcorn, nachos and the origins of salt (33 min)



## Wow in the World by TinkerCast

Join your hosts on a cartoon-for-the-ear adventure and explore all the WOWs in our world!

### Special Nutrition Episodes

- Drop That Beat and Cut The Cheese...For Science! (26 min)
- Heeere Foodie Foodie Foodie! – Edible Insects Are On The Menu! (25 min)
- Spit-Take! The Science Of Saliva And Those Bitter Bites (24 min)
- Hey Onion! You're Makin' Me Cry! (19 min)



## Two Whats?! And A Wow! by TinkerCast

Get ready to play this science-based game show guaranteed to be the most educationally bonkers 15 minutes of your day!

### Special Nutrition Episodes

- What's on the Menu? (15 min)
- Taste Bud Retirement (9 min)
- Berry Nice (13 min)
- Vegging Out (13 min)



## Tumble by Tumble Media

Tumble is a science podcast for kids, to be enjoyed by the entire family. We tell stories about science discoveries, with the help of scientists!

### Special Nutrition Episodes

- The Science of your Favorite Foods (19 min)
- The Science of Smell (15 min)
- The Bacteria Cookbook (19 min)