

Name:

Date:



Sensory characteristics

- Ingredients are selected for their nutrition, functional and sensory characteristics, as well as provenance and seasonality.

<p>Using our senses A range of senses are used when eating food:</p> <ul style="list-style-type: none"> sight; smell; hearing; taste; touch. <p>A combination of these senses helps to evaluate a food.</p>	<p>Other factors Other factors also experience the way we feel about food. These include:</p> <ul style="list-style-type: none"> food previously eaten; hunger and satiety; mood; where you eat, e.g. home, canteen, picnic; beliefs and values, e.g. religion, culture and tradition; social aspects, e.g. special occasions, events.
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Sensory evaluation and tests
Sensory evaluation analyses and measures human responses to food and drink, e.g. appearance, touch, odour, texture, temperature and taste. In order to obtain reliable results, sensory evaluation tests should be set up in a controlled way to ensure fair testing, e.g. no distracting colours, noise or smells; same size portions; coded samples, and water to drink.


Preference tests - these types of tests supply information about people's likes and dislikes of a food. They include hedonic, paired comparison and scoring tests.

Discrimination tests - these types of tests aim to evaluate specific attributes, i.e. characteristics of a food (such as crunchiness). They include triangle, duo trio, ranking and paired comparison tests.

Key terms
Discrimination tests: Aim to evaluate specific attributes, such as crunchiness.
Preference tests: Supply information about people's likes and dislikes of food.
Sensory attributes: Words used to describe the appearance, odour, taste and texture of a food product
Sensory evaluation: A scientific discipline that analyses and measures human responses to the composition of food and drink.
The olfactory system: The sensory system used for olfaction, or the sense of smell.
Umami: Savoury taste, often known as the fifth taste.

<p>Sight The size, shape, colour, temperature and surface texture all play an important part in helping to determine your first reaction to a food. Often if a food does not look appetising, then you will not eat it.</p>	<p>Taste The tongue can detect five basic tastes:</p> <ul style="list-style-type: none"> bitter; salt; sour; sweet; umami. 	<p>Taste receptors Our tongues are covered with taste buds, which are designed to sense chemicals in the mouth.</p>
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<p>Smell (odour) The nose detects volatile aromas released from food. An odour may be described by association with a particular food, e.g. herby, cheesy, fishy. The intensity can also be recorded.</p>	<p>Touch Texture can be assessed through touch. When food is placed in the mouth, the surface of the tongue and other sensitive skin reacts to the feel of the surface of the food. The sensation is also known as mouth-feel.</p>	<p>Taste receptors Sensitivity to all tastes is distributed across the whole tongue (and indeed other regions of the mouth where there are taste buds), but some areas are more responsive to certain tastes than others.</p>
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<p>Smell and taste Smell (odour) and taste work together to produce flavour. This is the reason why people with a blocked nose find it difficult to determine the flavours of foods.</p>	<p>Hearing/sound The sounds of food being prepared, cooked, served and eaten all help to influence our preferences. The sound of eating food can alter our perception of how fresh a food is (e.g. crunchy carrots).</p>	
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<p>Umami Umami is a savoury taste, often known as the fifth taste. It is a subtle taste and blends well with other tastes. Umami has its own distinct savoury taste, often associated with ripe tomatoes and cheese.</p>	<p>The olfactory system The olfactory system is the sensory system used for olfaction, or the sense of smell.</p>	
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	Tasting vocabulary (sensory attributes)		
Sight	Bubbling	Flaky	Opaque
	Caramelised	Firm	Smooth
	Clear	Heavy	Solid
	Coarse	Icy	Steaming
Smell	Crumbly	Juicy	Sticky
	Dry	Moist	Thick
	Acidic	Fresh	Spicy
	Aromatic	Meaty	Strong
Sound	Bland	Mild	Sweet
	Citrus	Pungent	Tart
	Earthy	Savoury	Weak
	Fragrant	Smoky	Zesty
Taste	Brittle	Crisp	Pop
	Crackle	Crunch	Sizzle
	Bitter	Rich	Strong
	Bland	Salty	Sweet
Touch	Floury	Savoury	Tangy
	Hot	Smoky	Tart
	Mild	Sour	Umami
	Piquant	Spicy	Zesty
	Brittle	Dry	Short
	Bubbly	Goey	Soft
	Chewy	Granular	Solid
	Close	Greasy	Tacky
	Cloying	Moist	Tender
	Coarse	Open	Waxy

Tasks

- Work through the sensory evaluation worksheets on *Food – a fact of life* <https://bit.ly/2WpSTov>
- Make a list of the sight, smell, taste, touch and sound of the different food had for lunch yesterday. Describe how these different attributes influenced your like/dislike of the different food.