What are some flavors you like? What are some flavors you dislike? Are there foods and flavors that you did not like as a young child that you like now? How do we acquire new taste/flavor, or a more refined palate? Let’s take a look into sensory perception and explain some of the mysteries of taste!
In order to learn more information about sensory evaluation, we need to become familiar with some common terms and definitions. Ask students the following questions:
• Do you recognize any words?
• Do you know what they mean?
• Which words are new to you? (Read over each word in order for students to hear the correct pronunciation.)

Distribute **Sensory Experience Profile** handout. Allow students to fill in the blanks as you read the definitions.
**Trends** are new practices or conditions that point to the way things will be in the future. One current trend is the globalization of cuisine. **Global cuisine** is a blend of ingredients and cooking techniques from around the world. Through travel and media, diners are exposed to an ever-widening range of dishes from around the world. To meet the demands of modern diners, chefs must have good knowledge of flavors, herbs, seasonings, and spices.

View short video from TLC Cooking on Spices
http://tlc.howstuffworks.com/tv/other-shows/videos/tlc-cooking-spices.htm
Tastes are detected by taste buds, cells scattered over the surface of the tongue. 
Bitter - having a harsh, disagreeably acrid taste, like that of aspirin, quinine, wormwood, or aloe.
Sour - having an acid taste, resembling that of vinegar, lemon juice, etc.; tart.
Salty - tasting of or containing salt; saline.
Sweet - having the taste or flavor characteristic of sugar, honey, etc.
Umami - savory quality, delicious taste

YouTube Video: Taste Buds on the Tongue
http://youtu.be/KuP-Kj7MHes
Olfaction interprets airborne molecules that enter the nasal cavity and come in contact with the olfactory bulb and is crucial to appreciating and analyzing food. 

Olfactory bulb is a small area in the nasal cavity.

Olfactory nerve transmits information to the brain.

Nasal pathway – aromas reach the brain.

Retronasal pathway – refers to the route that aromas travel up the back of the nasal cavity from the back of the throat cavity.

Video - The Science of Taste - KQED QUEST

Did you know that about 95 percent of what we think is taste is actually smell? Or that the way we perceive flavor comes from a complex relationship between our senses, emotions, and memories? Those are just two of the surprising facts QUEST uncovers in 'The Science of Taste.'

As scientists decode how our taste and olfactory receptors work, top California chefs are taking that knowledge and creating alchemy in the kitchen

http://youtu.be/0HxCB54wlig
References and Resources

Textbooks:

Websites:
- TLC Cooking on Spices
- Taste Buds on the Tongue
  [http://youtu.be/ScdAlLMPkYs](http://youtu.be/ScdAlLMPkYs)
- The Science of Taste – KQED QUEST
  As scientists decode how our taste and olfactory receptors work, top California chefs are taking that knowledge and creating alchemy in the kitchen.
  [http://youtu.be/0ItAfA95d5c](http://youtu.be/0ItAfA95d5c)