Zest For Life!
A Sensory Experience
Copyright © Texas Education Agency, 2012. These Materials are copyrighted © and trademarked ™ as the property of the Texas Education Agency (TEA) and may not be reproduced without the express written permission of TEA, except under the following conditions:

1) Texas public school districts, charter schools, and Education Service Centers may reproduce and use copies of the Materials and Related Materials for the districts’ and schools’ educational use without obtaining permission from TEA.

2) Residents of the state of Texas may reproduce and use copies of the Materials and Related Materials for individual personal use only, without obtaining written permission of TEA.

3) Any portion reproduced must be reproduced in its entirety and remain unedited, unaltered and unchanged in any way.

4) No monetary charge can be made for the reproduced materials or any document containing them; however, a reasonable charge to cover only the cost of reproduction and distribution may be charged.

Private entities or persons located in Texas that are not Texas public school districts, Texas Education Service Centers, or Texas charter schools or any entity, whether public or private, educational or non-educational, located outside the state of Texas MUST obtain written approval from TEA and will be required to enter into a license agreement that may involve the payment of a licensing fee or a royalty.

For information contact: Office of Copyrights, Trademarks, License Agreements, and Royalties, Texas Education Agency, 1701 N. Congress Ave., Austin, TX 78701-1494; phone 512-463-7004; email: copyrights@tea.state.tx.us.
Sensory Experience Profile

- Aromatic/Aroma
- Flavor
- Monosodium Glutamate
- Mouthfeel
- Receptors
- Sensory Evaluation
- Sensory Perception
- Taste Buds
- Stimuli
- Umami
Trends

• New practices
• Global cuisine
• Travel and media
• Knowledge of:
  – Flavors
  – Herbs
  – Seasonings
  – Spices

• TLC Cooking Spices
  [Link](http://tlc.howstuffworks.com/tv/other-shows/videos/tlc-cooking-spices.htm)
Sense of Taste

- Taste buds
- Bitter
- Sour
- Salty
- Sweet
- Umami
- Video – Taste Buds on the Tongue
Sense of Smell

- Olfaction
  - bulb
  - nerve

- Nasal pathway

- Retronasal pathway

- Video – The Science of Taste – KQED Quest
  - [http://youtu.be/0HxBAB54wlig](http://youtu.be/0HxBAB54wlig)
References and Resources

Textbooks:

Websites:
- TLC Cooking on Spices

Youtube™:
- Taste Buds on the Tongue
  http://youtu.be/KuP-Kj7MHeS
- 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/0HxAB54wLig