



# **TASTE & FLAVOR OBJECTIVES**





You are going to change the way you cook and serve food from this course!



Your goal? To cater to various types of eaters based on their unique palate, and make healthy food delicious and crave-able.



## OBJECTIVES:

To demonstrate the difference between taste and flavor and factors that influence each; evaluate an individual's unique palate and list culinary methods to work with each component; demonstrate and list the ten essential culinary methods for creating healthful and delicious meals; prepare herbs and spices to increase the flavor profile; cook food to increase nutrient absorption and decrease the formation of toxic compounds.

### 1. Explain taste versus flavor

- Describe the five basic tastes and foods associated with them
- Identify tastes that are innate and tastes that are learned
- Explain taste/flavor-liking and the critical time period for introducing new food
- Use the 'liking-food' spectrum to determine which foods can be influenced in terms of intake and preferences
- Illustrate the difference between taste and flavor and the elements that make up each
- Describe the elements that make up flavor
- Summarize texture terms



## 2. Distinguish an individual's unique taste and flavor palate

- Recognize individuals who may be supertasters, thermal tasters, sweet tasters, and fat tasters and explain the impact these qualities may have on healthy eating
- Recognize innate preferences and describe how to work with them in order to eat healthfully

## 3. Describe factors that influence taste and flavor

- Describe the internal factors and external factors that influence taste and flavor
- 'Name' a healthful food for maximum consumption

## 4. Describe and demonstrate culinary techniques to address various eating objectives

- Describe how to use culinary techniques to address the innate dislike of bitter foods
- Summarize eating strategies to decrease caloric intake
- Prepare a meal focusing on somatosensory sensations, to address a decreased sense of taste and/or smell





## 5. Describe ten culinary techniques used to build flavor when cooking healthfully

- Demonstrate taste-taste interactions
- Plate food for maximum appeal
- Apply the properties of acid to change the flavor profile of food
- Describe the best temperature to serve food to maximize the basic tastes
- Describe how various cooking methods induce flavor changes
- Demonstrate how to improve the flavor of herbs using various techniques: blooming, toasting, tempering
- Describe when herbs and spices should be added during the cooking and preparation process





## 6. Use Herbs & Spices Strategically

- Identify fresh and expired herbs and spices
- Explain the difference in herb/spice frying techniques
  - Dry
  - In oil
- Demonstrate how to improve the flavor of spices by
  - Toasting
  - Grinding
  - Blooming
  - Tempering
- Distinguish when you would use a slow or fast blooming technique
- Demonstrate how to make
  - A pesto
  - A spice blend
- Demonstrate the timing of adding herbs to a dish
- Store herbs and spices appropriately





## 7. Cook to increase nutrient retention and avoid the formation of toxic compounds

- Define cooking
- List the benefits of cooking
- Describe factors that encourage and discourage cooking
- Describe the effect of acid on cooking time
- Describe the various forms of cooking methods in each category
  - Moist
  - Dry
  - Combination
- Define bioavailability
- List internal and external factors that influence bioavailability
- Demonstrate cooking methods that retain nutrients
- List and describe toxic compounds created by cooking on high heat
- Examine cooked food to determine if it contains toxic compounds
- Demonstrate culinary techniques to lower the amount of toxic compounds created in cooking

