



Fundamentals
UNDERSTANDING TASTE

Name _____

Please fill out this form during your tasting lab, and the rest of the semester. This is due in your portfolio.

Salty

What part of the mouth/tongue is affected for YOU?

Product	Form	Salty from 1-10	After taste	Other notes/ flavors

Bitter

What part of the mouth/tongue is affected for YOU?

How does your mouth feel?

Product	Form	Bitter from 1-10	After taste	Other notes/ flavors



Fundamentals

What happens if you add salt?
What happens if you add sugar?

Sweet

What part of the mouth/tongue is affected for YOU?

Product	Form	Sweet from 1-10	After taste	Other notes/ flavors

Sour

What part of the mouth/tongue is affected for YOU?



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Product	Form	Sour from 1-10	After taste	Other notes/ flavors

Astringent

What part of the mouth/tongue is affected for YOU?

Product	Form	Astringent from 1-10	After taste	Other notes/ flavors

Menthol

What part of the mouth/tongue is affected for YOU?



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Product	Form	Minty from 1-10	After taste	Other notes/ flavors

Pungent

What part of the mouth/tongue is affected for YOU?

Product	Form	Pungent from 1-10	After taste	Other notes/ flavors

Astringent

What part of the mouth/tongue is affected for YOU?



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Product	Form	Astringent from 1-10	After taste	Other notes/ flavors

Can you tell the difference between astringent and pungent?

Spiced Aromatic

What part of the mouth/tongue is affected for YOU?

Product	Form	Spicy from 1-10	After taste	Other notes/ flavors



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Funky/ Meaty

What part of the mouth/tongue is affected for YOU?

Product	Form	Funky/meaty from 1-10	After taste	Other notes/ flavors

Aroma Perception

- Please describe how aroma is important to taste.

Mouthfeel

- How does mouthfeel affect flavor?



Fundamentals

- How could you use something that has “mouthfeel” to enhance or downplay flavors?

Texture

- How does the texture affect taste ?

Describing Flavor



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Exercise 1 (apples)

Name	Color/ form	Mouthfeel	Overall tasting notes

Exercise 2 (Cheese)

Name	Color/ form	Mouthfeel	Overall tasting notes



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Exercise 3 (sodas)

Name	Color/ form	Mouthfeel	Overall tasting notes



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Exercise 4 (chocolate)

Name	Color/ form	Mouthfeel	Overall tasting notes



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Exercise 5 (onions)

Name	Color/ form	Mouthfeel	Overall tasting notes

