**Foods I**

**Sensory Perception Review Wksht**

1. Identify 3 factors that affect one’s judgment on food.

2. Identify the 3 sensory experiences.

3. Identify which sense detects more aromas and WHY.

4. List one example of how the “touch” sense contributes to flavor detection.

5. Identify the 4 types of flavors the tongue senses..

6. Identify the part of the tongue that senses “salty/sweet” and list one food example.

7. Identify the part of the tongue that senses “bitter” and list one food example.

8. Identify the part of the tongue that senses “sour” and list one food example.

9. Explain how saliva plays a key role in distinguishing “taste.”

10. When plating up food what types of “textures” would be best?

11. How does one know if a seasoning is used “correctly” in a dish?

12. Identify the 3 most common seasonings.

13. Identify the most widely used seasoning in culinary.

14. Where are black, white, and green peppercorns derived from?

15. Which type of pepper is less intense in flavor?

16. Which types of food have a stronger flavor reaction to salt (cold or warm/hot)?

17. Identify the salt with the more intense flavor.

18. Describe kosher salt and why is it used in cooking?

19. Identify 2 functions behind using “flavorings” in foods.

20. Describe a “blend” and list one example.

21. Describe the following flavorings:

* Herbs:
* Spices:
* Oils/Vinegars
* Condiments:

22. Identify the oil not good for frying foods.

23. What is the “shelf life” of oils?

24. Describe a smoke point.

25. Contrast the functions between the different oils.

26. When should “herbs” be added into a food dish? Dried spices?