



COOKING

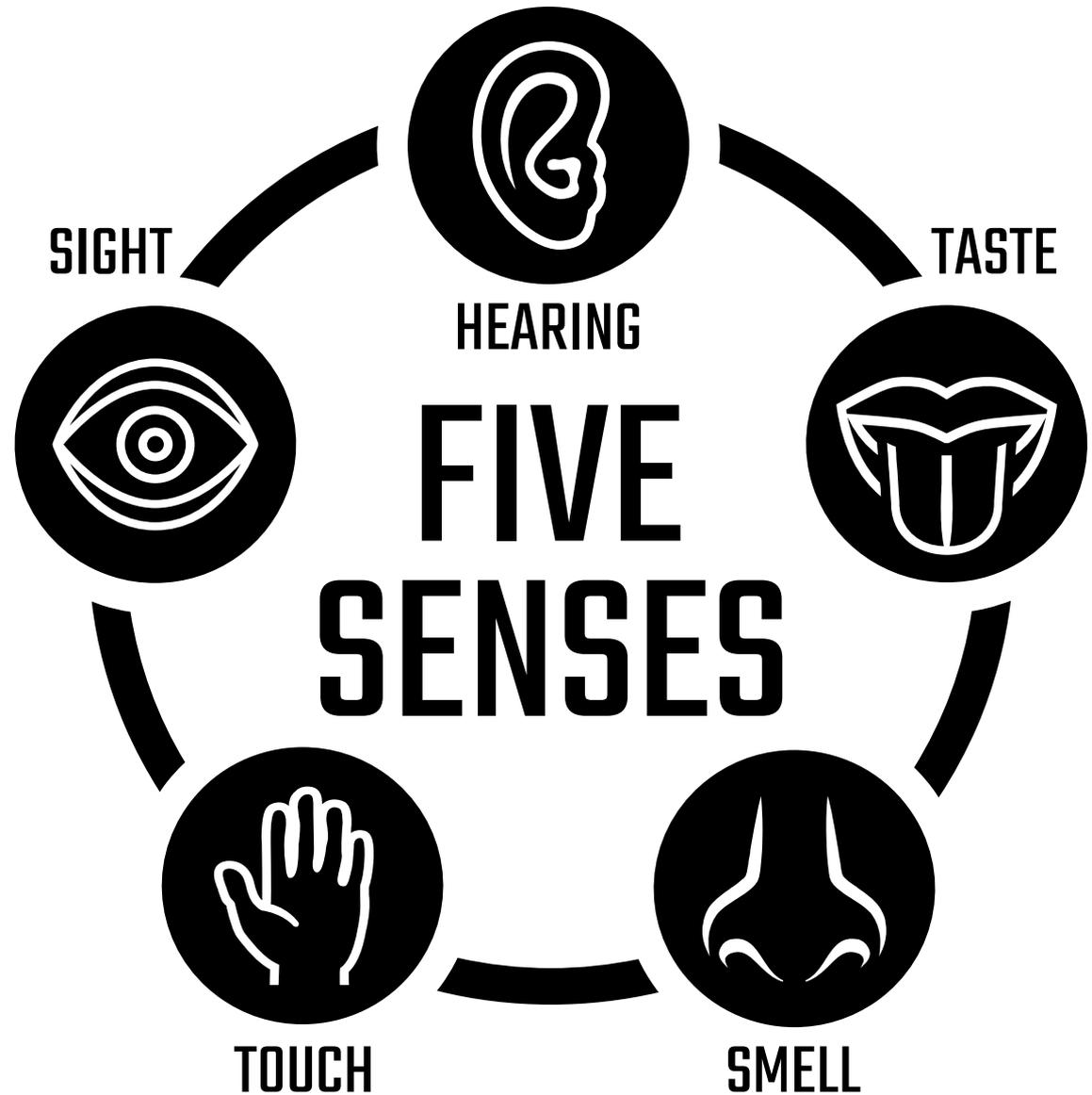


for

KIDS

Wake Up Your Senses





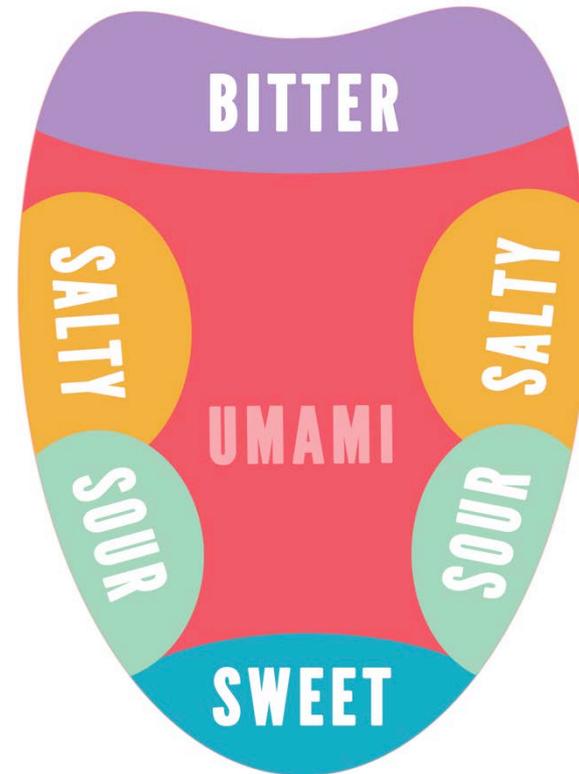
What
are your
senses?



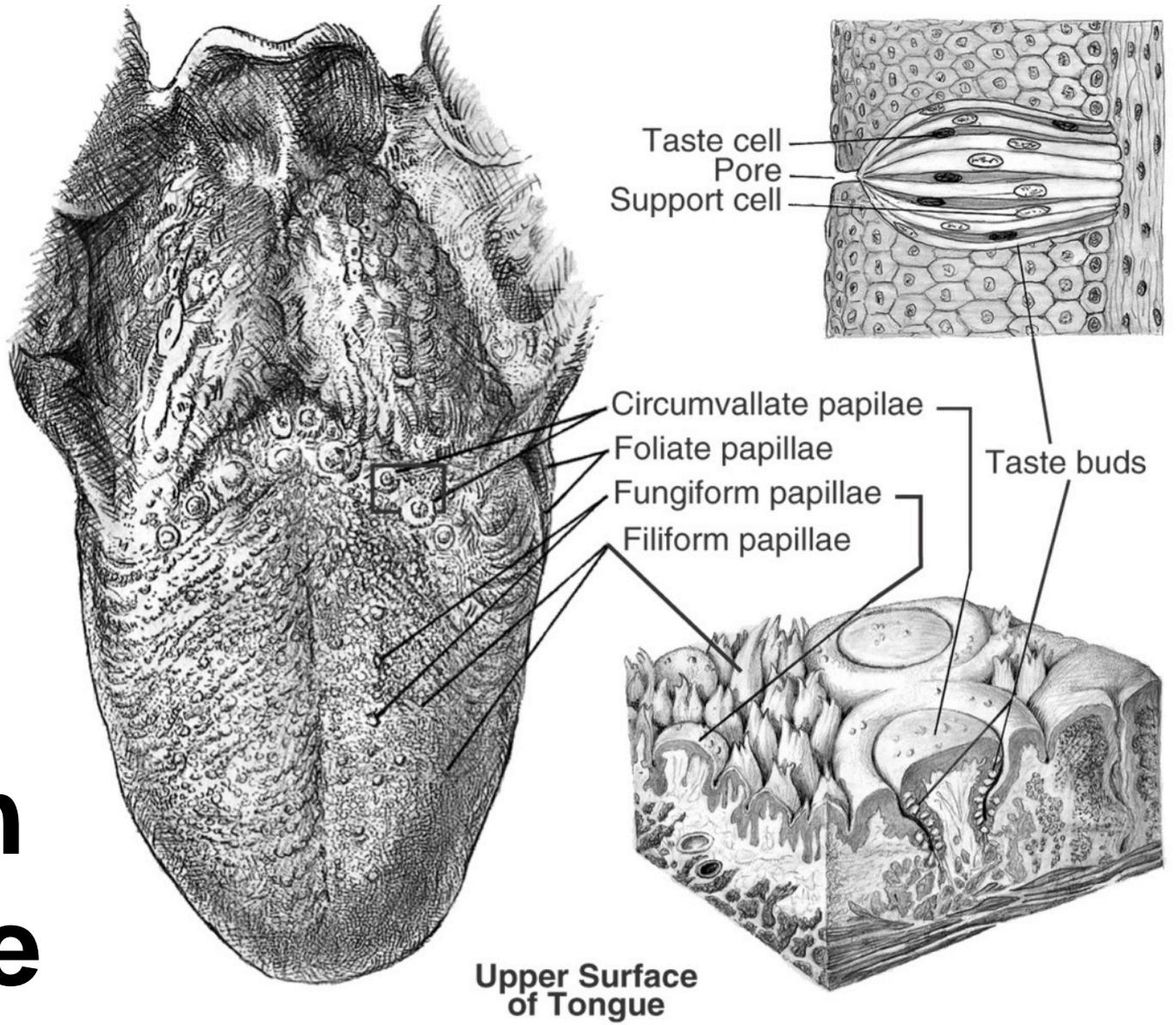


TASTE: Mapping Your Palate

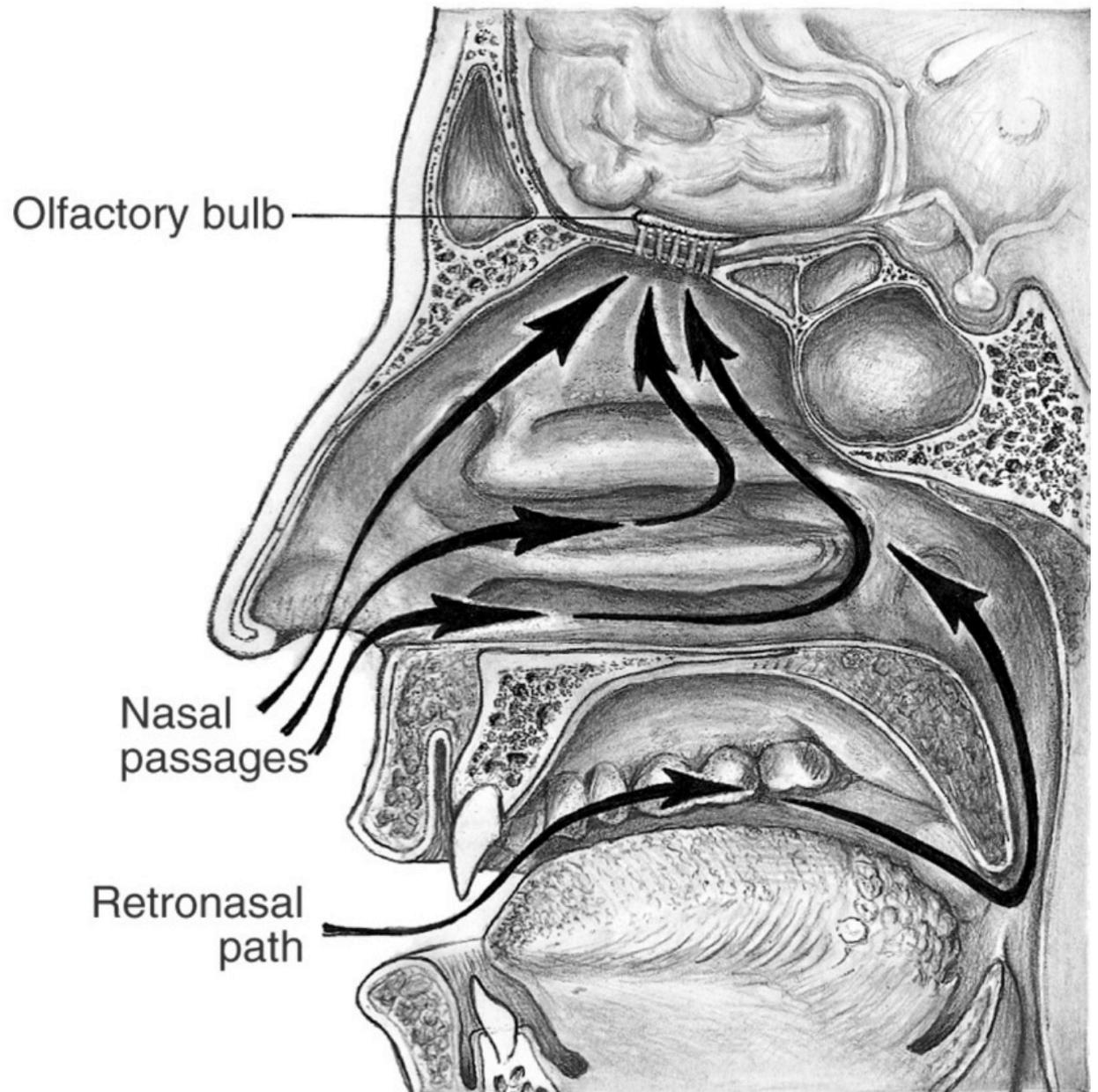
- Sweet
- Salty
- Sour
- Bitter
- Umami



The Human Tongue



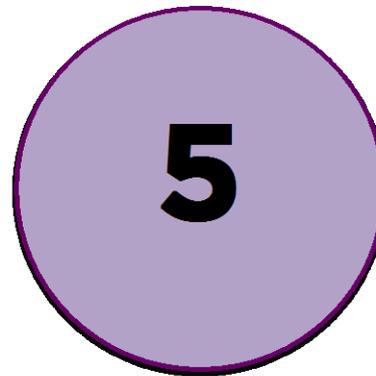
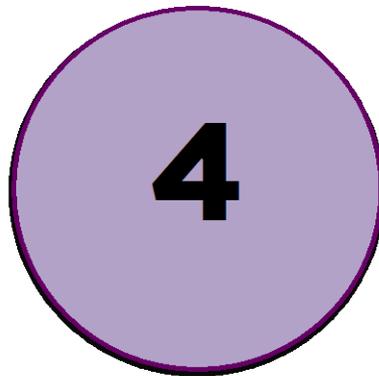
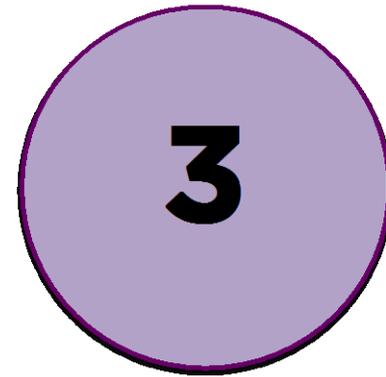
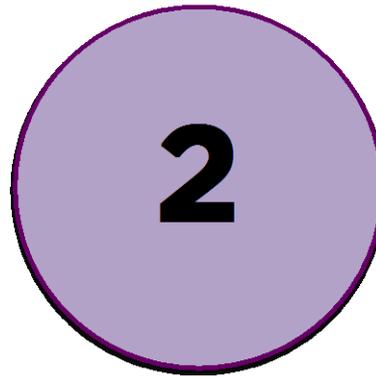
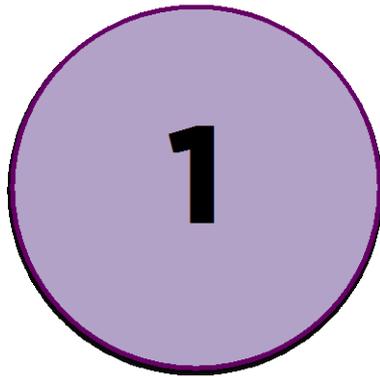
The Human Olfactory System



Chef's Rules

- 
- Don't taste the food items until I tell you to.
 - Smell the food item and look at its color(s).
 - You must taste the food item (unless allergies prevent you from doing so).
 - Think about the texture of the food item.
 - Try to describe the taste of the food item. Simply saying, "I like it" or "I hate it" is not descriptive enough.

TASTING: Mapping Your Palate



Language is Everything

- Eeeewwww
- Gross
- Yuck
- Nasty
- Good
- Delicious



Using Proper Food Language

- Texture
- Aroma
- Color
- Five Tastes
- Sounds



Texture: Structure



Course

Smooth

Creamy

Tough

Crumbly

Water

Fluid

Viscosity

Hard

Aroma

- 
- Aromatic
 - Fruity
 - Earthy
 - Fishy
 - Vegetal
 - Fatty
 - Nutty
 - Burnt
 - Smoky
 - Pungent
 - Acid
 - Chemical
 - Foul
 - Mineralic

What does this smell like?



Color

- 
- Light and Visual
 - Transparent
 - Opaque
 - Yellow
 - Brown
 - Red
 - Green
 - White
 - Black



Color Affects Mood...



fruit & vegetable

Color
wheel

What Determines Food Preferences?

- Preference
The act of preferring; the state of being preferred or the power and opportunity to **CHOOSE!**



Aversions to Food

- The act of turning away; a feeling of repugnance toward something with a desire to avoid or turn away from it; a settled dislike



Fear or Taboo

- Unpleasant often strong emotion caused by anticipation or awareness of danger.
- Setting apart or sacred; ban; prohibition; a consecrated avoided or prohibited by social customs



What determines your preferences and aversions?

- **Environment:**

Local? Available? In Season?

- **Biology:**

Poisonous? Allergy? Intolerance?

- **Culture:**

Family? Community? Religion

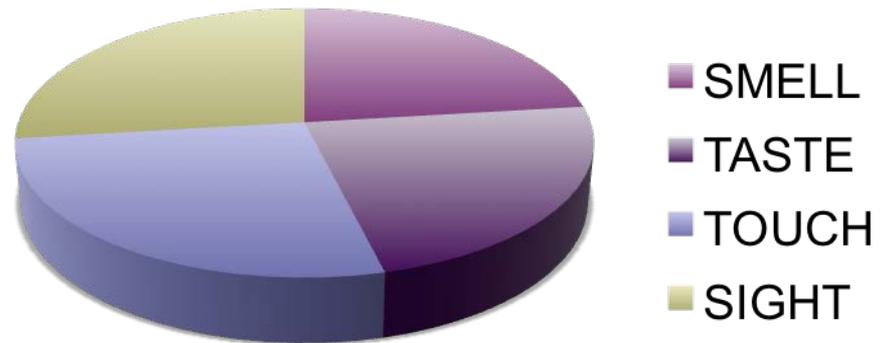


AESTHETICS

EXPERIENCING THE SAMPLES

- SMELL
- TOUCH
- TASTE
- ANALYZE
- RESPOND USING NEW LANGUAGE

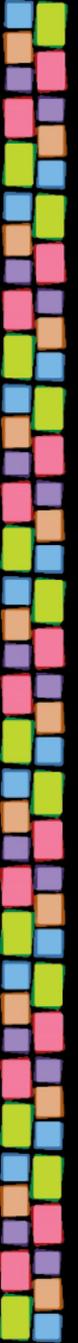
AESTHETICS



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TASTING:

LEARN TO DISCERN

1

2

3

4

5

What did you learn?

