Unit 3: Taste sensations in sensory perception

Content Area: **Language Arts Literacy**
Course(s): **Culinary Arts**
Time Period: **November**
Length: **8 blocks**
Status: **Published**

Enduring Understandings

Color, appearance, flavor and texture of food should be evaluated to determine how each will affect the senses.

Consideration of the human five senses affects the appeal of a food.

Herbs, spices and flavorings can be added to a food to enhance the natural flavors of the food.

Herbs, spices and flavorings can be added to a food to change the natural flavors of the food.

To use herbs and spices effectively you need to know each herb or spices flavor and its effect on food.

Knowledge of human senses, herbs, spices, flavorings and the meal appeal factors indulge a cooks' creativity to create appealing dishes.

Essential Questions

Why consider sensory perception when planning and preparing food?

How does plate composition affect the sensory appeal of food?

How can understanding the elements of the dining experience create a satisfying dining experience.

How do I utilize herbs and spices to make a food appealing?

How can seasonings, flavorings, herbs and spices indulge creativity?

Why consider meal appeal factors when planning and preparing foods?

How does planning a schedule before beginning food preparation experiences improve work efficiency and final product outcomes?

Content

Vocabulary

Sensory perception

Senses

Color

Appearance

Flavor

Texture

Aroma

Seasoning

Flavoring

Herb

Spice

Extract

Flavor enhancer

Condiment

Natural

Artificial

Skills

Explain how sensory perception affects food preparation.

Name the five senses and explain how they affect our perception of food.

Explain the difference between an herb, spice and extract and identify when each is utilized in food preparation.

Explain the difference between a seasoning and a flavoring and when they are added during the cooking process

Describe ways to use creativity in food preparation.

Identify factors that should be kept in mind when buying and storing herbs and spices.

Define and identify aromatic vegetables added to foods for flavor.

Define and identify flavor enhancers.

Prepare foods and evaluate their appeal to the senses.

Resources

Food for Today

Guide to Good Food

Culinary Essentials

Cooks Illustrated

America's Test Kitchen

Standards

1.2	Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
1.2.4	Demonstrate teamwork skills in school, community and workplace settings and with diverse populations.
2.1	Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.
2.1.1	Apply time management, organizational, and process skills to prioritize tasks and achieve goals.
8.5	Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
8.5.1	Demonstrate professional skills in safe handling of knives, tools, and equipment.
8.5.3	Demonstrate knowledge of portion control and proper scaling and measurement techniques.
8.5.12	Demonstrate professional plating, garnishing, and food presentation techniques.
9.5	Demonstrate use of science and technology advancements in food product development and marketing.
9.5.3	Prepare food for presentation and assessment.
9.5.6	Conduct sensory evaluations of food products.