

Taste

A **chemical sense** (like smell) responds to **chemical reaction**

- A molecule **MUST** come in contact with the taste buds
- **Taste buds** = receptors located in the tongue (10, 000 in mouth, replaced every week, burn your tongue = repaired)
- Decrease with age (especially in women; reproduction and amount of food needed = no taste = eat less)

Only takes a 1/10 of a second to identify taste

The **4 primary tastes** in different combos: (about 3000 combos)

- Sweet
- Salty
- Sour
- Bitter
- Umami – Protein-rich foods

Flavor = taste and smell

- Also texture and temperature will affect the way food “tastes”
- Appearance

Plug your nose and most of the **FLAVOR** will be gone, but you are still experiencing taste