

Taste Sensations: Instructor Guide

Title:

Taste Sensations

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Discipline:

Nutrition and Dietetics

Target Audience

Introductory, majors and nonmajors

Keywords

Cooking staples, flavor enhancers, herbs, oils, spices, vinegars

Length of Time/Staging

This activity will take approximately 1.3 75 minute or two 50 minute class periods to complete.

Abstract

Students become part of a business that prepares and sells flavored vinegars, infused oils, flavored pestos, and other natural and healthful food items. They are asked to add one flavored vinegar and one infused oil to their product line. In doing so, students must become familiar with cooking staples—their properties, color, flavor, smell, and taste.



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Format of Delivery

At the end of one class, students are told to read assigned material on cooking staples. At the beginning of the next class, the problem is introduced and distributed. Students spend a 75 minute class working in a group of four and are asked to return the next class with their vinegar and oil recipes, ingredient justifications, and product uses. 15 of the next class period are spent discussing the problem. Then, recipes are passed from group to group for 15 minutes. Each group selects their favorite oil and vinegar; however, they are not allowed to pick their own creations. The most popular oil and vinegar are chosen and are made in the food lab. Students have an opportunity to apply classwork and experience the result.

Student Learning Objectives

After completing this problem, students should be able to:

1. Recognize and use a variety of herbs, spices, nuts, oils, vinegars, and condiments.
2. Prepare a variety of salad dressings.
3. Identify uses for various flavored vinegars and infused oils.

Student Resources

General food preparation textbook

Web resources for additional information

Instructor Resources

General food preparation textbook

www.allrecipes.com

www.thefamilycorner.com

www.globalgourmet.com

Infusions:

Davis, R. and Sweet, M. *Making flavored oils, vinegars, and spirits.*

Flavored Oils:

Chiarello, M., Wisner, P., Proctor, D. *50 recipes for cooking with infused oils.*

Flavored Vinegars:

Chiarello, M., Wisner, P., Proctor, D. *50 recipes for cooking with flavored vinegars.*



Author's Teaching Notes

The problem can be modified to make it more open-ended; for example, by removing the information regarding the ratio of herbs to liquid. Similarly, you could omit the sample recipes, leaving students to find their own oil and vinegar examples. If more time is available, students may be asked to describe/depict how their infused oil and flavored vinegar would be presented for sale.

Assessment Strategies

Students could be asked to write a summary of the problem to hand in for grading. The summary could be evaluated for flavor combinations, amounts of ingredients, thoroughness in responding to the questions, and use of references. Or extra-credit points could be awarded to group members whose recipe is chosen for preparation in the lab. If the recipe actually is tasty, an additional point could be awarded.

Solution Notes

There is no correct solution; although, some oil and vinegar creations may not taste good. Similarly, some applications of the oils and vinegars do not yield palatable products. Approximately half of the infused oils and flavored vinegars made in lab are tasty and worth making again.

Students learn the value of experimenting with foods as well as the frustrations and joys of cooking.