



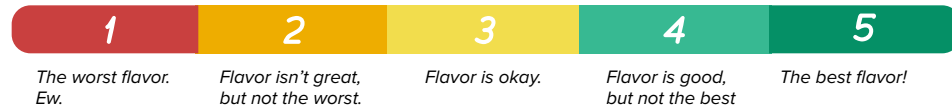
# TASTING PICKLES



Taste each pickle and give it a flavor score & texture score.

## FLAVOR SCORE

How would you rate the **flavor** of each pickle?



Was it sour?  
Sweet?  
Salty?  
Spicy?

SAMPLE 1

SAMPLE 2

SAMPLE 3

## TEXTURE SCORE

How would you rate the **texture** of each pickle?



Was it crisp?  
Soft?  
Rubbery?  
Mushy?

## OVERALL SCORE

Add up your flavor and texture scores. The pickle with the highest score is your winner!

JOT DOWN ANY OTHER THOUGHTS OR OBSERVATIONS YOU HAVE ABOUT THE PICKLES:

Remember this is your opinion. There are no right or wrong answers!



# THE DO'S & DON'TS OF BEING A GREAT TASTER



There's a science to tasting and evaluating the flavor and texture of food. When you're comparing multiple samples of food to one another, it's easy to overwhelm your tastebuds.

Follow our do's and don'ts to train your senses to pick up even subtle differences between foods and become a great taster, no matter what you're eating.

## ✓ **DO TAKE SMALL BITES:**

Small bites leave room in your mouth for tiny flavor compounds in food to mix with air and travel through the back of your throat and into your nose. Those flavor compounds are key to the flavor of food. (Think about when you have a stuffy nose—food just doesn't have as much flavor.)

## ✗ **DON'T RUSH**

Take your time. Chew slowly. Breathe in and out through your nose while the food is in your mouth. This gives the food time to release its flavor. Does the flavor change from when you first started chewing until after you swallow?

## ✓ **DO CLEANSE YOUR PALATE**

Give your senses a short break in between each thing you're tasting. Take small sips of water and nibble on plain crackers or bread in between tastes. (Look for crackers or bread without much fat or salt—both of these can influence your tastebuds.)

## ✓ **DO KEEP YOUR OPINIONS TO YOURSELF**

It's tempting to share what you find delicious (or gross) with your friends or family, but keep your thoughts to yourself until everyone is done tasting. Even the suggestion that something is tasty (or not so tasty) can influence someone else's perception of its flavor.

## ✓ **DO TASTE MORE THAN ONCE**

Especially if you're not very familiar with the items you're tasting, it's a good idea to first take small bites of all of your samples to get a sense of their flavor. Then, go back and taste again.

## ✗ **DON'T TASTE MORE THAN 3 OR 4 THINGS**

It's hard work evaluating foods—your brain is processing a lot of information. Tasting more than four samples is pretty challenging—comparing two or three samples is best.