To taste along you may have ready:

1. A cookie, cracker, bread, or some sort of food or beverage that might have a few different ingredients, nothing too intricate.
2. Paper and Pencil to make notes

Overall flavor intensity:

Flavor – The distinctive taste of a food or drink.

Intensity - The measurable amount of a property, like force or brightness.

What we are doing is measuring the amount of flavor in a food item.

When you taste an apple candy and a strawberry candy, they are both sweet but if I were to ask you the difference you would say one tastes like strawberry and the other taste like apple.

Basic tastes like sweet, sour, salt and bitter are not part of the intensity.

Example of intensity:

Think about the flavor of vegetable oil vs the flavor of Cinnamon candy or gum. Vegetable oil has a very mild flavor and cinnamon has an intense flavor, remove the burn in the cinnamon which we would call a feeling factor not a flavor and just think of the cinnamon flavor.

We use foods or beverages we are familiar with to create a scale of sorts to help us determine the intensity of flavor.

Low intensity – fresh light type cooking oil

Low medium intensity – unsweetened cooked apples or applesauce

Moderate High intensity – unsweetened orange juice

High intenstiy – unsweetened grape juice

Very high Intensity – Cinnamon candy or gum

I have tasted a plain saltine cracker (soda cracker) and I assigned an intensity from the scale to the overall flavor of the cracker. I would say a saltine cracker is between the cooking oil and the applesauce so its slightly lower than the applesauce, higher than the oil, I might call it moderate low.

If you have the ingredients in your home to create the above scale on your own time you can taste thru them starting at the low intensity and then refresh your tastebuds on how these food items go up in intensity of flavor.

\*Be sure to rinse your mouth with water between each one.

If you can’t take the time to taste thru the scale just imagine the flavor of each of those items and how the intensity changes as you go up the scale.

Hint: Its best to close your eyes while chewing to shut off one of your sensory factors so you can focus only on the flavor of the food and connecting it with the scale.

Now taste the item you have chosen to taste and see where you think it ends up on the scale like I did with the saltine cracker (soda cracker). Congratulations you did it! ☺