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How to make Mindful Eating fun!

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Mindful Eating practice

“Flavor Lab”

(Home version)



“Flavor Lab” (Home version)

MATERIALS NEEDED

- 4 Shot glasses (or 4 for each participant)



“Flavor Lab” (Home version)

MATERIALS NEEDED

- 4 Shot glasses (or 4 for each participant)
- 4 cups (to cover the shots)



“Flavor Lab” (Home version)

MATERIALS NEEDED

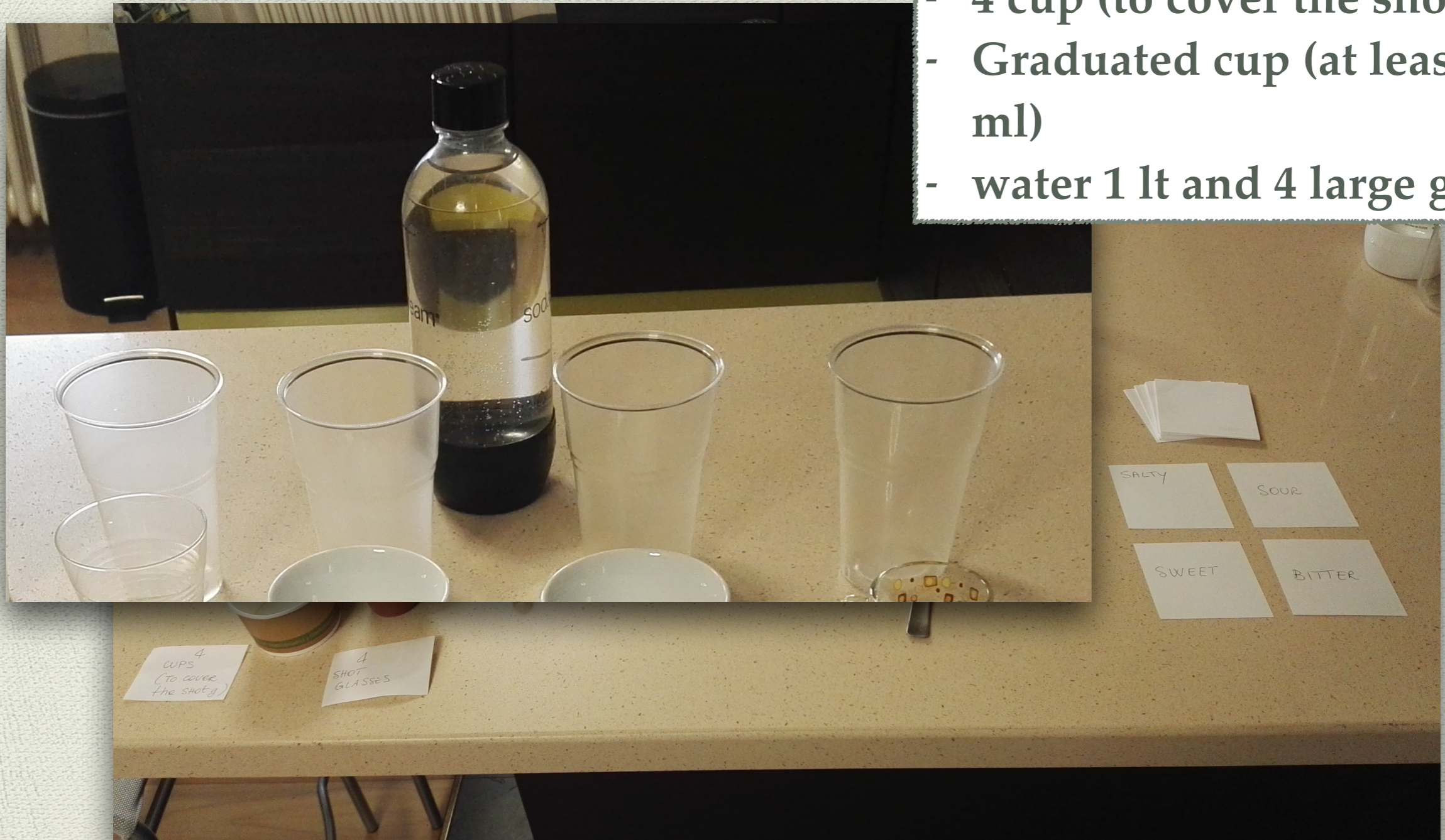
- 4 Shot glasses
- 4 cup (to cover the shots)
- Graduated cup (at least 250 ml)



“Flavor Lab” (Home version)

MATERIALS NEEDED

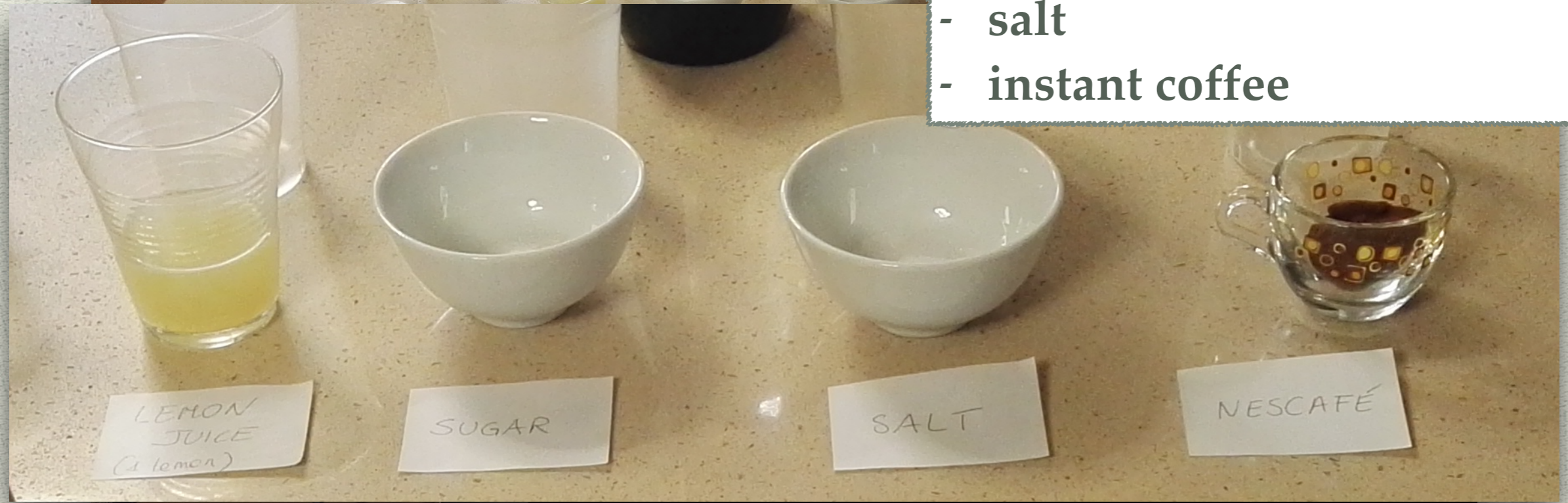
- 4 Shot glasses
- 4 cup (to cover the shots)
- Graduated cup (at least 250 ml)
- water 1 lt and 4 large glasses



“Flavor Lab” (Home version)

MATERIALS NEEDED

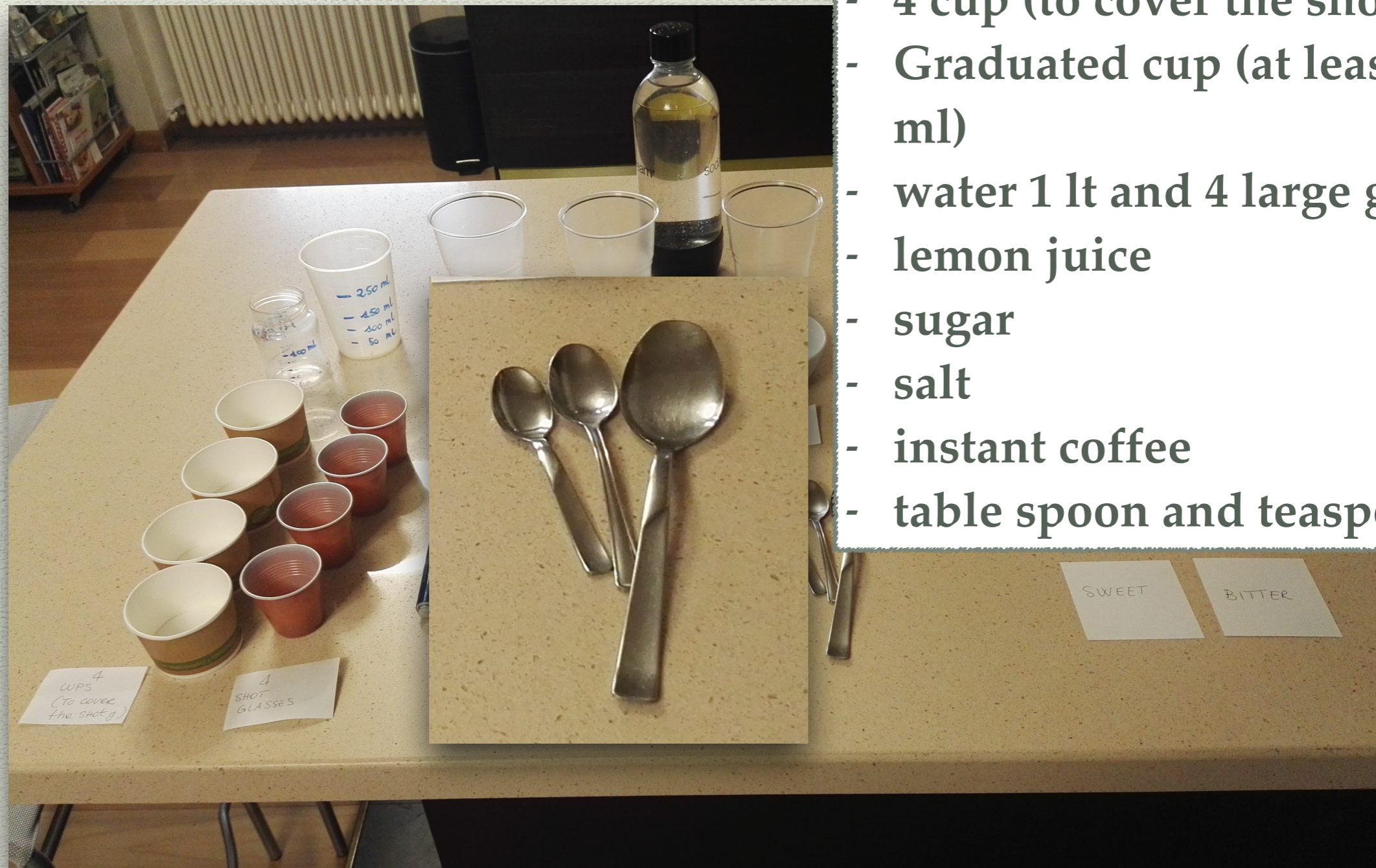
- 4 Shot glasses
- 4 cup (to cover the shots)
- Graduated cup (at least 250 ml)
- water 1 lt and 4 large glasses
- lemon juice
- sugar
- salt
- instant coffee



“Flavor Lab” (Home version)

MATERIALS NEEDED

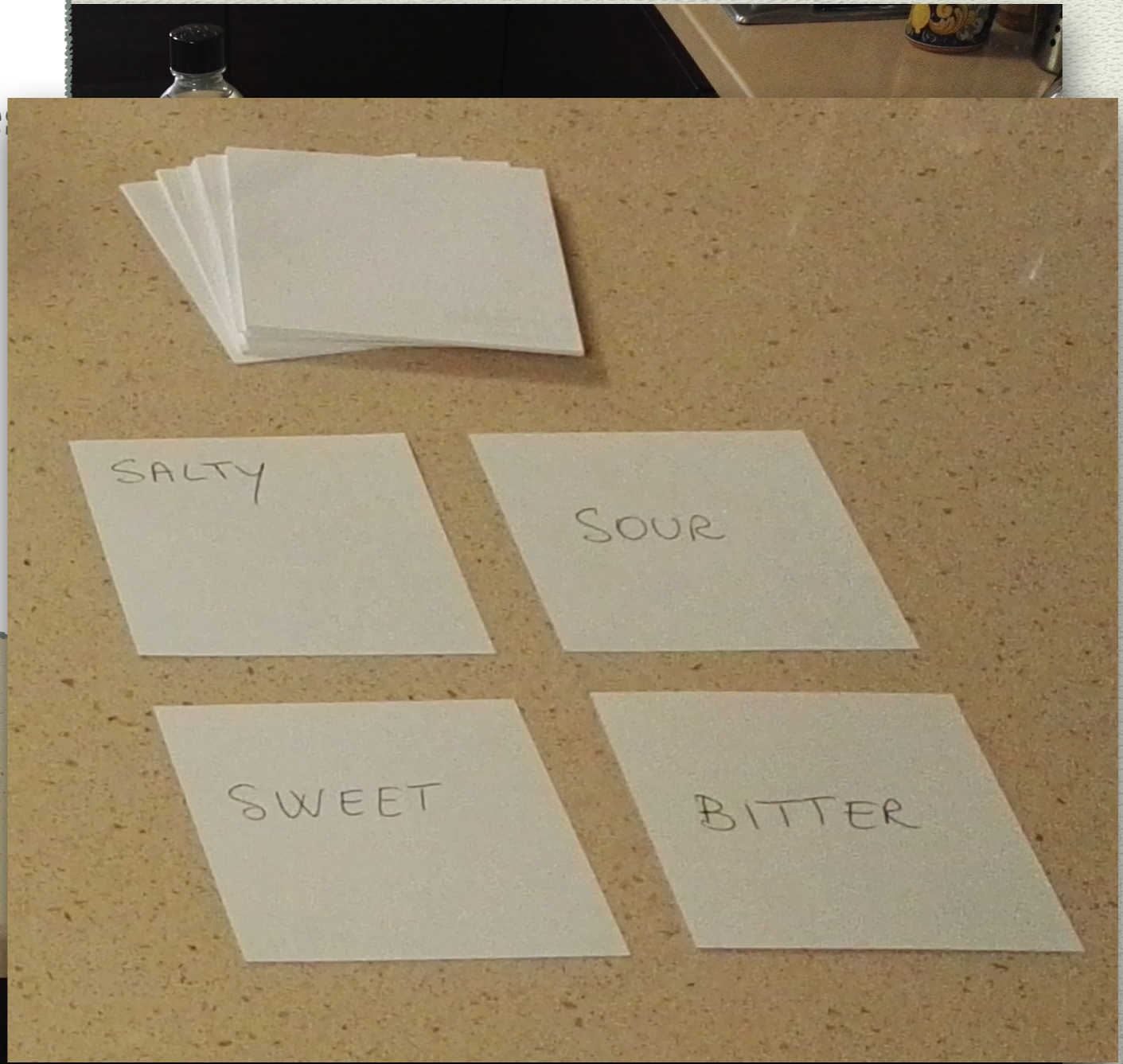
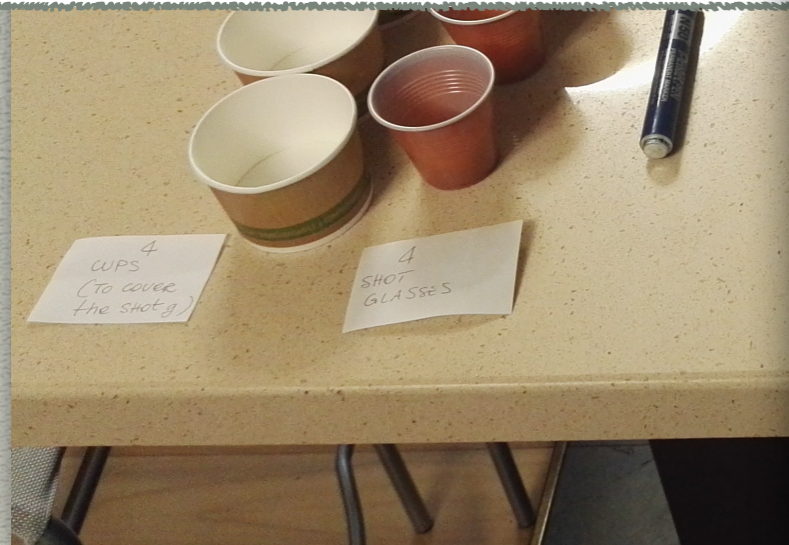
- 4 Shot glasses
- 4 cup (to cover the shots)
- Graduated cup (at least 250 ml)
- water 1 lt and 4 large glasses
- lemon juice
- sugar
- salt
- instant coffee
- table spoon and teaspoon



“Flavor Lab” (Home version)

- 4 Shot glasses
- 4 cup (to cover the shots)
- Graduated cup (at least 250 ml)
- water 1 lt and 4 large glasses
- lemon juice
- sugar
- salt
- soluble coffee
- table spoon and teaspoon
- 4 “placeholders”

MATERIALS NEEDED



“Flavor Lab” (Home version)

MATERIALS NEEDED

- 4 Shot glasses
- 4 cup (to cover the shots)
- Graduated cup (at least 250 ml)
- water 1 lt and 4 large glasses
- lemon juice
- sugar
- salt
- soluble coffee
- table spoon and teaspoon
- 4 “placeholders”
- a permanent marker



“Flavor Lab” (Home version)



- 4 Shot glasses
- 4 cup (to cover the shots)
- Graduated cup (at least 250 ml)
- water 1 lt and 4 large glasses
- lemon juice
- sugar
- salt
- soluble coffee
- table spoon and teaspoon
- 4 “placeholders”
- a permanent marker
- fresh water, to drink between tests

“Flavor Lab”
(Home version)
TEST DEVELOPMENT



“Flavor Lab”

Formal Practice

NEEDED MATERIALS TO PREPARE **ODORLESS** and **COLORLESS** SOLUTIONS
TO TASTE THE **4 BASIC FLAVORS**:

- Graduated cup (at least 250 ml)
- water and large glasses (0.400 lt)
- *Citric acid (sour)*
- *Sugar (sweet)*
- *Salt (salty)*
- *Caffeine (bitter)*

if you don't have a precision scale:

- 4 glasses
- Syringes
- 4 bottles (if you prepare the “tasting” at home and have to carry them)

amount for 1 lt

20 g of sucrose (sugar)
2 g of sodium chloride (salt)
0.7 g of citric acid
0.8 g of anhydrous caffeine

amount for 500 ml

10 g of sucrose (sugar)
1 g of sodium chloride (salt)
0,35 g of citric acid
0.4 g of anhydrous caffeine

amount for 250 ml

5 g of sucrose (sugar)
0.5 g of sodium chloride (salt)
0,2 g of citric acid
0.2 g of anhydrous caffeine

“Flavor Lab”

Formal Practice

PREPARATION FOR THE TASTING

FOR 1/4 LITER

- 5 g of sucrose (sugar)
- 0.5 g of sodium chloride (salt)
- 0,2 g of citric acid
- 0.2 g of anhydrous caffeine

STEPS

- 1) To combine each flavor with a letter (A, B, C or D) and write it on a sheet of paper
- 2) To label both big glasses and bottles (if you need them) with letters A, B, C, D.
- 3) To fill 3 glasses with 100 ml of water and 1 with 10 ml
- 4) To fill 4 big glasses with 250 ml of water

SWEET SOLUTION

- dilute 10 g of sugar in 10 ml of water (**1g/ml**)
- remove 5 ml of water from the big glass
- replace with 5 ml of sweet solution

SALTY SOLUTION

- dilute 10 g of salt in 100 ml of water (**0,1 g/ml**)
- remove 5 ml of water from the big glass
- replace with 5 ml of salty solution

SOUR SOLUTION

- dilute 10 g of Citric Acid in 100 ml of water (**0,1 g/ml**)
- remove 2 ml of water from the big glass
- replace with 2 ml of sour solution

BITTER SOLUTION

- dilute 10 g of Caffein in 100 ml of **boiled water** (**0,1 g/ml**)
- remove 2 ml of water from the big glass
- replace with 2 ml of bitter solution

FOR 1/4 LITER

5 g of sucrose (sugar)

0.5 g of sodium chloride (salt)

0.2 g of citric acid

0.2 g of anhydrous caffeine

“Flavor Lab”

Formal Practice

PREPARATION FOR THE TASTING



“Flavor Lab”

Formal Practice

MATERIALS FOR EACH PARTICIPANT

- 4 shot glasses
- Individual detection card, to fill in after each taste test, and pens or pencil
- Water and 1 glass, to “reset” taste between tests
- Flip chart or billboard to record the results (optional)

Note: if you choose for compostable glasses, be sure that they haven’t any smell. (*because many compostable materials have a particular smell that interfere with taste*)

“Flavor Lab”

Formal Practice

EXAMPLE OF DETECTION CARD

SOLUTION	What flavor is it?	How intense is it? (-, +, ++, +++)	How much do you like it? (-, +, ++, +++)
A			
B			
C			
D			

“Flavor Lab”

Formal Practice

CONDUCT THE PRACTICE

STEPS

- 1) Distribute to each participant 4 shot glasses, marked with the same letters of the solutions, and 1 glass to drink water between trials (reset tasting)
- 2) Distribute detection cards
- 3) Fill shot glasses with the 4 solutions that have the same letter and the water glass with mineral water (mineral water will be available to refill glass if needed)
- 4) Ask the participants to taste one at a time the solutions, and fill in the detection card after each trial.
- 5) At the end compare and discuss the results collectively by highlighting the individual differences

REMINDE THE PARTICIPANTS TO DRINK PURE WATER BETWEEN TRIALS

“Flavor Lab”

Formal Practice

CONDUCT THE PRACTICE

THE FIFTH SENSE: RECOGNIZE FLAVOR “UMAMI”

Umami is defined as *“a pleasant savory taste that comes from glutamate and various ribonucleotides, including inosinate and guanilate, which are naturally found in meat, fish, vegetables and dairy products”*

(official definition of the **Umami Information Center**)

- often confused with salty
- generally appreciated by the majority of people
- little cubes of Parmigiano Reggiano cheese aged at 12, 24 and 30 months. The ripening allows the production of natural glutamate; Longer maturing cheese typically has a stronger flavour.
- Biological vs non-biological Soja sauce

“FLAVOR Lab”

LEARNING OBJECTIVES

IN BOTH SETTINGS

- 1) distinguish the four fundamental flavors
- 2) isolate the taste from other sensory aspects of food

“Flavor Lab”

Formal Practice

TO DISCUSS AFTER PRACTICE

- If you propose the practice to children under 10-12 (“At home” version), it can be interesting to stimulate them to recognize the flavors they have tasted during the test, in the food they are used to eating.
- Emergent individual differences, offer food for thought about how those differences are fruit of both genetic patrimony and eating habits
- It may be useful to reflect about what is the aspect of food that makes it pleasant for us, in order to expand range of opportunity and promote flexibility in food choices.

Hear what a taste!

Place 2 little piece of Dark Chocolate
and a glass of water
in front of you

when the music starts,
eat one piece of chocolate slowly, and savoring it...
notice and memorize what you can taste

When you have finished
drink water to reset your mouth. When ready
rise your hand, and we will repeat

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Place 2 little piece of Dark Chocolate
and a glass of water
in front of you

when the music starts, eat the chocolate...
notice and name the taste

**SOMETHINGS HAPPENED
IN YOUR MOUTH?**

in your mouth. When ready
and, and we will repeat

CROSS-MODAL PERCEPTION

Background music genre can modulate flavor pleasantness and overall impression of food stimuli

Article in [Appetite](#) 76 · May 2014 with 1,405 Reads ⓘ

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[Appetite. 2017 Jan 1;108:383-390. doi: 10.1016/j.appet.2016.10.026. Epub 2016 Oct 23.](#)

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