

TO THE ORIGINS OF TASTE

TUTORIAL - Preparing the course




Slow Food®

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TO THE ORIGINS OF TASTE

"TO THE ORIGINS OF TASTE" KIT

By reawakening and training the senses, Slow Food's taste education helps people rediscover the joys of eating and understanding the importance of caring where their food comes from, who makes it and how it's made. Modern food is defined by its blandness - food once a defining feature in many cultures has been diluted to accommodate a global palate. Human taste is a gift, which once opened unveils the subtleties and vastness of flavour. The appreciation of food, those who produce it, conviviality and the importance of variety and biodiversity is a core value of Slow Food.

The kit "**To the Origins of Taste**" contains a sensory education course, available in a range of languages, and provides inspiration for those who would like to train their senses to recognize quality food and make responsible food choices. The kit is versatile, and can be used by groups of all sizes and ages, from 1,500 people during Terra Madre 2008, to friends and family sitting around the dinner table at home. It is suitable as a classroom tool and can be adapted for different cultures and ages.

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DVD: A fun approach, complete with animation and narrated by school children, the video illustrates how the sensory organs function and demonstrates the exercises that can be done to train and use them with awareness. Duration: 14 min.

SENSORY JOURNEY: This activity takes participants on a journey through their senses, using accessible ingredients and practical games. The six stations exercise the five senses: taste, sight, smell, touch, hearing, alongside a final poly-sensorial station. Through a series of games, participants get up-close with the sensoriality of food. Duration of each station: 10 min.

TASTING: This is an opportunity to use this new knowledge, in a guided tasting using three types of apples and three types of chocolate. Duration: 30 min.

The kit contains:

- The "In What Sense" booklet – This is the first learning tool which was developed by Slow Food, created for adults who want to conduct and organize sensory education activities for children or other adults.
- The "To the Origins of Taste" guide – This booklet provides instructions to complete the various exercises proposed during the course's six sensorial stations, and animations from the movie are used to further explain the functioning of the senses. Solutions to the exercises are also provided at the end of the guide.
- DVD
- Audio tracks for the hearing sensory station
- Audio recording for the guided tasting



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ESTIMATED NUMBER OF PARTICIPANTS

The following quantities are suitable for a group size of 100 - 150 participants. It is recommended to have an estimated number of participants before initiating the course.

ROOMS

- For the DVD: If possible use a separate, quiet room. If using a projector, the room must be sufficiently dark. Necessary equipment includes a DVD player, an audio system and a projector (or a big screen-television) and chairs for participants.
- For the sensory journey: A large room is preferable, so that people can move from the different positions without queuing. Each exercise needs a table at waist height (2 long tables are needed for the taste exercises).
- For the tasting: A room with tables and chairs (the quantity depends on how many people are being provided for). The audioguide can be played on an mp3 player, a stereo player, or if all participants understand one language, can be read aloud.
- Preparation room: Should be near the tasting room.

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PREPARATION ROOM

- 2 tables
- knives
- 2 chopping boards
- 200 small biodegradable paper plates
- 100 paper napkins
- 2000 biodegradable plastic cups (to be used for the tasting and to rinse the mouth between the exercises)
- 1000 small biodegradable plastic cups (for the exercises of taste and poly-sensory)
- 1 black felt-tip pen (to mark the plates for the tasting and the cups for the exercises)
- 2-3 teaspoons
- 2-3 funnels
- 100 small paper cloths
- wastebin
- 100 pens (optional - to be distributed together with the guide)

PEOPLE TO HELP DURING THE EVENT

If the visitors are in one (or several) groups, they can follow the workshop together with one (or several) volunteers.



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- For the DVD: one person is needed to start the video and distribute the guides and pens.
- For the sensory journey exercises: two people are required for the taste exercises, one for the sight, one for the smell and touch, one for the hearing and one for the polysensory (6 people in total).
- For the tasting: one person to bring in the plates, water and clean the tables for the visitors.
- For the preparation: during the event one person is sufficient to prepare the plates and cut the apples and chocolate. If possible prepare the bottles for the exercises and mark plates and cups prior to the event.

TIMING

This is a critical consideration for the smooth running of the event. Slow Food recommends a run through of the preparation prior to the actual event, to allow for any timing discrepancies to be solved, e.g. the pectin in the polysensory exercise needs to be dissolved in warm water, therefore the solution must be prepared in advance and/or have a method to heat water on site.

Some of the ingredients may be difficult to find, e.g. thiourea, acids...

Please allow for sufficient time in the run up to the event to enable products to be ordered and delivered, i.e. three weeks for the thiourea if ordered on-line.

Depending on the number of participants, allow for a couple of hours to mark the plates and cups (for the tasting and the taste and polysensory exercises) and to prepare the solutions, if this has not been done prior to the event.

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SHOPPING LIST FOR THE DAYS OF THE EVENT

NOTE: This list is for the quantities of ingredients, it does not include the materials needed to contain or hold them as that may be subject to the creativity and availability of the organizer. Quantities will vary depending on the number of participants.

REQUIREMENT OF WATER

1 litre to half-fill 80 small cups (for 100 -150 participants)

1. Exercise 2 (taste): **10 bottles**
Exercise 3 (taste): **6 bottles**
Exercise 1 (polysensory): **4 bottles**
2. Exercise 2 (smell) and exercise 2 (sight) need glass jars of 150ml, filled with 100 ml water. **1-2 bottles per day** should be sufficient.
3. Water to rinse the mouth after the taste exercises 1, 2 and 3 and the polysensory exercise: **20 bottles**
4. Water for the tasting: **10 bottles**

Total requirement of water: 52 one-litre bottles of water



SENSORY JOURNEY - EXERCISES

TASTE

Exercise 1

Product: 1 pack of Thiourea Papers (each pack contains 100 pieces of Thiourea paper - they can be halved if needed)

Exercise 2

SWEET: 20 g of fine sugar - (8 teaspoons)

SOUR: 2-4 g of tartaric acid - (1 teaspoon)

UMAMI: 6 g of glutamate acid - (1.5 level teaspoons)

SALTY: 3-5 g of salt - (2 teaspoons)

BITTER: 8-12 ml of cinchona bark extract - (3-5 teaspoons)

Exercise 3

ASTRINGENT: 3-5 g of tannic acid - (2 teaspoons)

SPICY: 2-4 g of powdered cayenne pepper - (1 teaspoon)

FRESH: 1 small bottle of essential oil of mint

SIGHT

Exercise 1

As an alternative to using the colored disks suggested in the guide, "SIGHT" file on the CD can be printed in color, then the squares can be cut up and used.

Exercise 2

20 g of talcum powder

SMELL

Exercise 1

(Ingredients may need to be replaced throughout the event)

1-2 bananas

50 g roasted coffee beans

2 cinnamon sticks

4 garlic cloves

1 onion

2 vanilla beans

Exercise 2

Use the same bottle of mint extract as per taste - exercise 3

TOUCH

Exercise 1

(Ingredients may need to be replaced throughout the event)

3-4 apples

3-4 carrots

3-4 kiwi



Exercise 2

1 rubber stress ball

1 ping pong ball

SOUND

Recordings of food sounds - audio files are available on the CD in the kit.
In order to reproduce the sound, mp3 players and headsets can be used.

POLYSENSORY

2-4 g of fruit pectin (1 teaspoon)

3-5 g of tannic acid (2 teaspoons)

APPLE AND CHOCOLATE TASTING

Quantities are to be determined based on how many people are being provided for and the size of the pieces. Consider three types of apple and three types of chocolate. Normally one apple is cut in 8 segments and the chocolate is cut into 4 cm width pieces. Each participant should receive a plate with a wedge or slice of each apple and a piece of each chocolate. The apples may oxidize after cutting. This is ok, DO NOT add any anti-oxidialization agents such as lemon or acidic powders as these will alter the taste of the apples.



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