

# Chapter 16 Seasonings and Flavorings

## Section 16.1 Enhancing Food



### Note Taking

**Directions** As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> <li>• using seasonings and flavorings correctly is a skill developed over time</li> </ul>	<p><b>SEASONINGS AND FLAVORINGS</b></p> <ul style="list-style-type: none"> <li>• Food service professionals use seasonings, flavorings, and flavor enhancers to help strengthen food’s natural flavors</li> </ul>
<p style="text-align: center;"><b>Summary</b></p> <p>Seasonings and flavorings strengthen a food’s natural flavor.</p>	

# Chapter 16 Seasonings and Flavorings

## Section 16.2 Herbs and Spices



### Note Taking

**Directions** As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"><li>herb: a plant that grows in temperate climates and whose leaves and stems can be used fresh or dried</li> <li>spices come in two forms: whole or ground into powder</li></ul>	<p><b>HERB VARIETIES</b></p> <ul style="list-style-type: none"><li>Foodservice professionals need to know what herbs and spices look like, what their flavors and aromas are, and how to correctly use them</li></ul> <p><b>SPICE VARIETIES</b></p> <ul style="list-style-type: none"><li>Spices come from the bark, buds, fruits, roots, seeds, or stems of plants and trees and are used only in their dried form</li></ul>
<p style="text-align: center;"><b>Summary</b></p> <p>Foodservice employees must be able to identify and use herbs and spices correctly.</p>	

# Chapter 16 Seasonings and Flavorings

## Section 16.3 Condiments, Nuts, and Seeds



### Note Taking

**Directions** As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"><li>condiment: an accompaniment to foods, either sweet, tart, hot and spicy, or sour</li> <li>seed: a plant grain</li></ul>	<p><b>CONDIMENT VARIETIES</b></p> <ul style="list-style-type: none"><li>Condiments complement, or go together well with, food flavors</li></ul> <p><b>NUTS AND SEEDS</b></p> <ul style="list-style-type: none"><li>Nuts and seeds can be used to enhance natural flavor, or add color and texture to food</li></ul>
<p style="text-align: center;"><b>Summary</b></p> <p>Condiments, nuts, and seeds can be served with food to enhance flavor.</p>	

# Chapter 16 Seasonings and Flavorings

## Section 16.4 Sensory Perception



### Note Taking

**Directions** As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> <li>• sensory perception: how a person’s eyes, nose, ears, mouth, and skin detect and evaluate the environment</li>   <li>• sensory evaluation: the science of judging and evaluating the quality of food by use of the senses</li> </ul>	<p><b>SENSORY PROPERTIES OF FOOD</b></p> <ul style="list-style-type: none"> <li>• Foodservice professionals must understand sensory perception in order to use seasonings and flavoring successfully</li> </ul> <p><b>SENSORY EVALUATION</b></p> <ul style="list-style-type: none"> <li>• Many foodservice businesses conduct various tests to find out what their customers want</li> </ul>
<p style="text-align: center;"><b>Summary</b></p> <p>To use seasonings and flavorings successfully, foodservice professionals need to understand sensory perception.</p>	