



EATING 101

RU DINING HEALTHY?

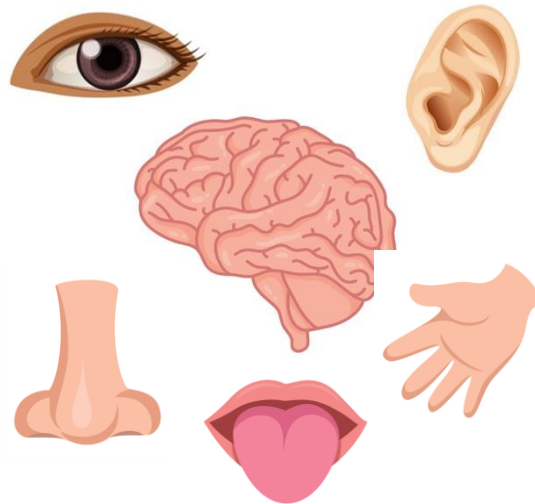
WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Extra Sensory Ingestion

My sixth sense tells me you are here to learn about the multisensory experience of eating. If you pay close attention, you will notice eating engages all five senses: sight, hearing, smell, touch, and of course, taste. Pick a card and learn about how each sense contributes to the eating experience.

Sight is a dominant sense when choosing food. Look for a rainbow of fruits and vegetables to get your full spectrum of vitamins and minerals. But do not let your eyes fool you; a bruised vegetable is just as nutritious as a perfect vegetable.

SIGHT



Sounds relating to food can include the sizzling of a pan or the snap of a carrot. These sounds can signal your salivary glands and remind you of positive eating experiences.

HEARING

Smell is crucial for the enjoyment and taste of food. The aroma of food, like walking past freshly baked bread, can induce your appetite. Without your sense of smell, you may not enjoy food as much.

SMELL

There are five basic descriptors of taste: sweet, sour, salty, bitter, and umami. Combining these tastes into one meal can enhance your eating experience. Focus on eating slowly to fully savor the variety flavors in your food.

TASTE

In many cultures, touching food directly is a vital part of mealtime. You sense texture with your mouth, as well as your hands. Textures like crunchy, chewy, or creamy are important attributes that can contribute to the enjoyment of eating.

TOUCH

Be a sense-i to your senses

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