



# SENSORY@HOME: VANILLA

We've all tasted vanilla. But how well do we *know* it? Learn how vanilla enhances some of our favorite foods and beverages in this quick and easy activity you can do with items in your home kitchen. Flavor fun for everyone!

## You will need:

*\*If using plant milk, make sure it is unflavored and unsweetened*

Water



Vanilla Extract



Table Sugar



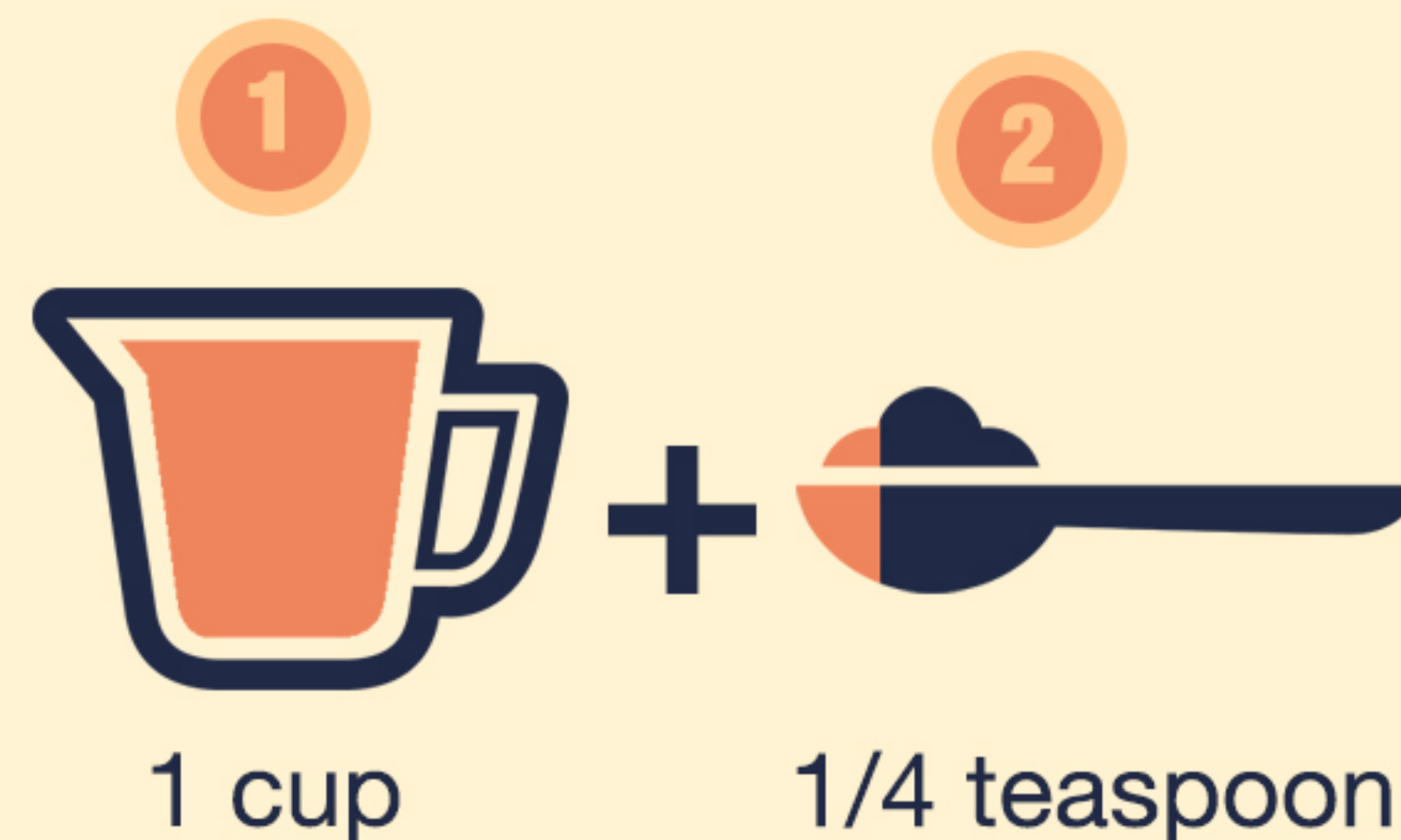
Milk\*



### Vanilla+Water

#### Aroma vs. Flavor

To establish your sensory baseline for vanilla, first evaluate it in a pure water solution. Smell, then take a sip. Does the aroma match the flavor? What notes do you perceive?



### Vanilla+Water+Sugar

#### Sweetness Perception

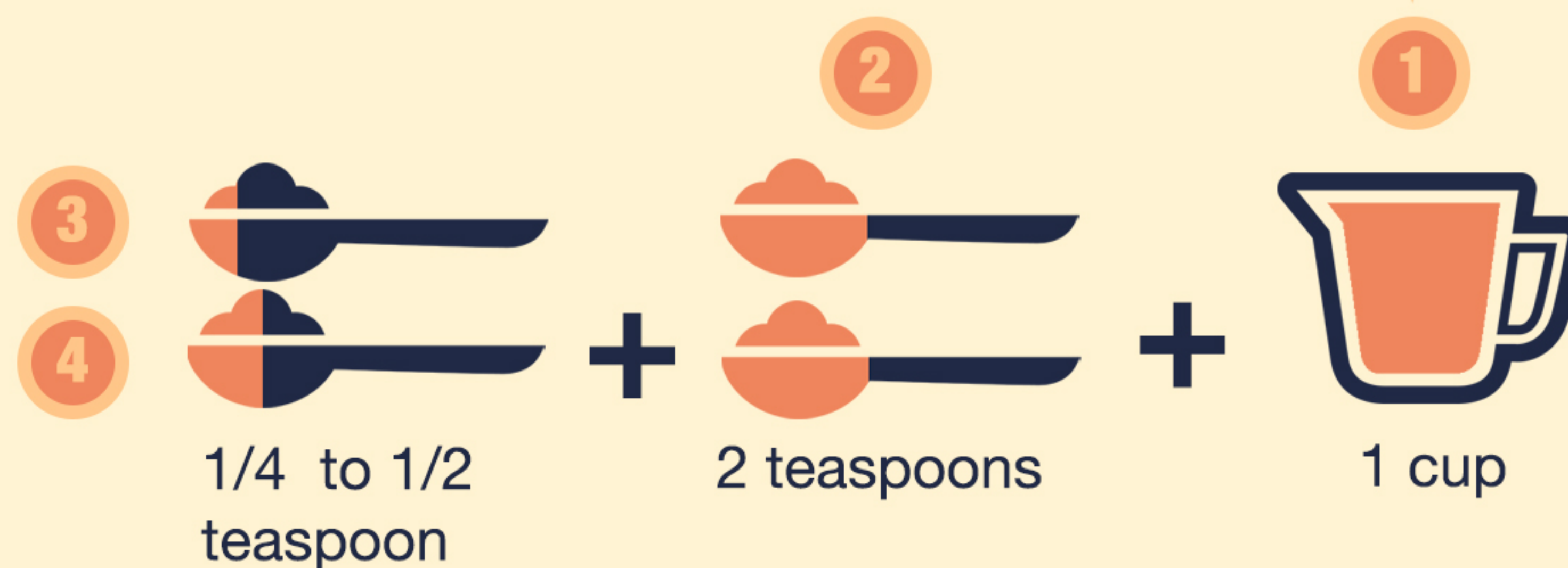
Vanilla makes sweet things taste even sweeter! Before adding the vanilla to the sugar and water solution, take a quick taste. Now, add the vanilla and taste again. Did your perception change?



### Vanilla+Milk+Sugar

#### Creamy Perception

Vanilla enhances creamy flavor and texture. Taste the sugar and milk solution first...then add the vanilla. Compare a small dose (1/4 tsp) to a larger dose (1/2 tsp). Which one seems smoother?



## What's the difference?

*Taste these solutions together to discover how vanilla flavor evolves in each base - and on your palate!*

Sweet taste brings out vanilla's flavor



Vanilla increases intensity of sweet taste



Vanilla enhances creamy flavor and smoothness

