1. Summarise the differences between taste and flavour.
(Refer also to pp. 320 and 342 in your text, if necessary.)

2. Which factors influence one’s reactions to food, that is, one’s perception of its taste and quality?

3. Match these terms with the appropriate description below:

- papillae
- taste buds
- thalamus
- primary gustatory cortex
- smell
- touch
- flavour
- chemical molecules
- cranial nerves

__________________________  a  perceptual experience produced by the taste of the food, its smell, the other sensations connected with it and one’s perceptual expectancies
__________________________  b  a relay station in the brain for a variety of sensory information; where sensory information for taste is initially processed
__________________________  c  the part of the brain that is specifically devoted to the reception and processing of taste sensations
__________________________  d  the external energy that makes taste and taste perception possible
__________________________  e  small bumps on the tongue in which the taste buds are located
__________________________  f  the location of the gustatory or taste receptors
__________________________  g  the sensory/perceptual system that is most closely related to and influential in taste and taste perception
__________________________  h  neural pathways that carry neural signals from the taste receptors to the brain
__________________________  i  another sensory/perceptual system that influences taste and taste perception

4. List some foods that affect your cognitive or emotional state by triggering memories or feelings of pleasure, delight or repulsion. Suggest reasons for your reactions.