

Smells delicious: our tongues can detect odours, study suggests

<p>Notes & Cues:</p>	<p>Article:</p> <p>The tongue does not just detect taste, but might pick up on odours too, according to research shedding new light on how we perceive flavour.</p> <p>Experts said the findings call into question the idea that the taste of food and its odour are detected separately in the mouth and nose respectively, and only combined in the brain to produce an overall impression of flavour.</p> <p>Instead, they said, it might be that odour molecules also trigger a response in the mouth, for example by tweaking a taste. However, the team stressed the results do not undermine the importance or role of the nose in picking up aromas.</p> <p>The findings open up the possibility of using odours to trick us into healthier eating – for example by adding a very low concentration of an odour to a food to make us think it is sweeter than it is – thereby reducing the need for sugar and helping tackle the obesity crisis.</p> <p>Prof Charles Spence of the University of Oxford also welcomed the research, but said it was too early to talk of using it to tackle obesity.</p> <p>“There is more to taste than we realised, ” he said. “We think it is all very well understood, it’s simple, and yet there are some strange things in there awaiting explanation.”</p>
<p>Summary:</p>	