

Role of Aroma on the Palatability of Food

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Summary

Among various factors related to food palatability, taste and aroma are most important factors because they directly affect the flavor perception in the mouth. Aroma is the gauge to measure the quality of food since it gives a signal whether the food is preferable or not.

How does then the aroma of food contribute to the palatability?

The aroma of food consists of a great many volatile compounds depending on the sources, such as bread, habitat, processing methods and others, which could alter the taste and even the preferred perception of food. Although it is very difficult to pull out the key aroma substances from the volatiles because of its complex matrix, these days, it can easily be carried out through various methods such as Charm analysis which were developed in the 1980s and led to the flavor quality of food which was skillfully controlled. In this case, even a very small change in order to meet the particular expectations of consumers for a tasty food. Therefore, the aroma compounds and not the taste substances could make the discriminatory treatment for a possible quality because of their very low perception level.

With this theory I believe that aroma is a very effective contributor to the palatability of food.