SENSORY ANALYSIS AND ITS ASSOCIATIONS IN ADOLESCENTS


The health status of an individual can be directly influenced by the selection of food, and the taste is an important role in nutritional maintenance of the body. Thus, this study aims to evaluate the detection threshold of the basic tastes and odors identification in adolescents and their association with gender and nutritional status. Were selected 61 adolescents, 42.6% male and 57.4% female, 59.0% were members of a multidisciplinary treatment program of obesity and 41.0% were students from a private school. Anthropometric measurements were taken and applied two tests of sensory analysis, the first to identify threshold of detection and sensitivity of participants to the five basic tastes, and the second to identify odors. Observing the odors test, associations were found between gender for: cheese, vinegar, ginger and banana, which females obtained greatest number of hits. In the threshold test to detect the basic tastes, sweet in its highest concentration was associated with individuals of lower BMI values, so the highest levels of Quetelet showed lower sensitivity to sweet. Since salt in its highest concentration was associated with the group of higher BMI, and smaller values of this ratio presented low sensitivity to salt. The data demonstrate a relationship between gender and perception of odors and between BMI and sensitivity to basic tastes, sweet and salty, being the first an inverse relationship and the second direct relationship. More studies are needed to clarify these associations and investigate possible applications in order to promote reflection on health.

**Keywords**: Sensory, taste, odor, teenagers, nutritional status.