

Abstract

While attending an English College Course at the Northern Marianas College, this student researcher explored the taste and analysis between 100% whole wheat flour vs. All-Purpose flour prepared in a sweet dessert. The research hypothesized that for thirty seven residents, including twenty local fire fighters, 13 college students and instructor, as well as four children in the CNMI, it would be difficult to determine which dessert, specifically a cookie, was prepared with 100% whole wheat flour. Literature was reviewed on other taste tests as well as preparation of whole grains to further investigate this hypothesis. The initial results identified by way of surveys (See Appendix B) show 11% more of the tasters correctly determined whole wheat flour cookie (see Appendix F). However, preference of whole grains by survey was not a determining factor in the results. Furthermore, when narrowing the result amongst the largest groups, there were differences in perceptions of taste suggesting future investigation of lifestyles. Future taste tests involving this subject would improve on re-wording the question and answer options, including more children along with adults as well as preparing different types of food such as breads and pastas.