



**PERCEPTION OF FOOD: EFFECT OF PLATING ON
APPETITE & ENHANCED EXPERIENCE OF EATING**



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ENHANCED EXPERIENCE OF EATING**

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Abstract

This study aims to understand how tableware or the design of plating affects people's appetite. People are also influenced by visual and tactile senses during the eating process, as well as other factors such as materials or colors of the plate. With so many different foods at our fingertips every day, it is helpful to know what we should be eating to get ourselves into the habit of eating healthy foods that will make us healthier and more energetic. The impact of our tableware on our appetite can help us develop better eating habits and guide us to make healthier choices when it comes to eating. We will go on to look at some of the innovative ways in objects like cutlery, which can have an effect on our appetite, or it could potentially push even further. We can get the latest insights from research in this area as inspiration for designing some products affecting the dining environment and consequently achieving the effect of appetite.

(Total 35 pages)

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Student's Signature Thesis Advisor's Signature

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Chapter 1

Introduction

1.1 Background and Significance of the Problem

Loss of appetite occurs when people have a low desire to eat. Several factors can cause the loss of appetite, including mental and physical illness. If the loss of appetite lasts more than a few days, it can lead to weight loss or malnutrition. The loss of appetite can be frustrating for anyone, especially underweight people and those trying to gain weight or build mass (Semeco, 2017).

To develop a healthy way of eating, we pay attention to the healthiness of the food we eat and the atmosphere and manner in which we eat. However, experiments have shown that healthy eating is not the only factor that influences this, as various environmental factors can, too, affect the way we eat. “Our appetite can be influenced by external factors,” Stacy Roberts-Davis said via email. When you walk down the street and smell the delicious food wafting up the street, even if you’ re not hungry, you’ ll have a desire to eat food. Even if you’ re driving in a car and you see a sign for a fast-food chain and smell the fries, you can get a craving to stop.

Understanding various triggers that exist around us is beneficial in helping us to eat the best and give us the most energy. Just as we do our best to choose for ourselves the foods that make us feel our best, we can also choose to immerse ourselves in an environment that is healthy and appetizing - and that means taking the initiative to cultivate and create such an environment ourselves (Wolff, 2016).

The cutlery we use can also influence the perception of the taste and aroma of food. For example, it has been shown that tableware made from different materials can modulate the taste of foods such as yogurt due to chemical reactions between the food

itself and the tableware material. Besides, the color of the cutlery we use has been shown to alter the perception of certain flavor attributes. Under known conditions, the reasons for this are not yet clear: the sensory changes triggered by the color of the cutlery may be due to the fact that we have subconsciously formed associations with certain colors and certain taste expectations, or they may be due to the strong contrast between the different colors of the cutlery and the tableware, making the food look more visually appealing. Also, the quality and weight of the cutlery we use to serving food from the plate in our hands to our mouths are likely to have a significant impact on our assessment of the food served (examples of related studies examine the tactile sensation of drinking utensils and comments on the importance of tactile feedback in the context of food/drink perception). Of particular interest here are experiments showing that the weight of the utensils affects the perceived value of the food and that the weight of the product/packaging itself seems to implicitly influence our assessment of the quality and value of the food, as well as the amount of food we can eat under the influence of the utensils (Michel, Spence, & Velasco, 2015).

1.1.1 Background

Recently, there has been a growing interest in understanding the impact on appetite and food experience through the lens of tableware and environmental studies where the presentation and pleasure of eating and drinking do not depend solely on the edible elements placed on the plate. For example, recent research has shown that the presentation of food is the visual use of the art of food composition and can greatly influence a diner's perception of a dish. In other words, while the sensory nature of culinary preparation is fundamental in determining how the diner may enjoy a dish, our dining experience is also influenced by the visual and textural arrangement of the elements on the plate, as well as other factors such as the internal state of the diner.

Given different cultural areas, the tableware design is also very specific. Most obviously, many Eastern countries use chopsticks while Western countries use knives and forks, which has caused some difference in materials. The tableware used in Eastern countries is usually more delicate and the material selection is diverse; wood, porcelain, metal, and bamboo products are typical. Besides, special processing of

many patterns is carved on the tableware, with rich cultural color. Western countries have a fast-food culture and romantic style, and the choice of materials is also very different; usually silver and porcelain products.

Research is concerned with how to influence people's appetites and eating habits and how to enrich their diets. The systematic analysis of appearance and material discusses how cutlery influences people's appetite under the influence of appearance and environment, eating habits, and the extension of the factor of experience.

1.2 Research Objectives

1.2.1 To analysis the factors that can affect the appetite that can stimuli the people's appetite

1.2.2 To create a motivating way to enrich the eating experience and promote the joyful relationship with food

1.2.3 To design some of the edible tableware regarding healthy food.

1.3 Research Questions/ Assumptions

In order to solve the problem of how to maximize one's appetite through external factors such as tableware, food plating and dining atmosphere, make tableware produce multiple functions with new design and broaden people's eating experience.

Chapter 2

Literature Review

Hunger is an individual's longing to eat food. It is particular from hunger, which is the body's natural reaction to an absence of food. Individuals can have a craving regardless of whether their body is not, giving indications of yearning and the other way around.

2.1 Factors that influence craving

An individual's craving can rise and fall because of a broad scope of variables, some of the time making individuals eat less or more than their body needs. Appetite is an individual's overall longing to eat food. An individual's hunger may direct how much food they need to eat, just as the sort of food they want to eat.

Yearning happens when the body perceives that it needs more food and conveys a message to the cerebrum to eat. The indications of craving frequently include:

thundering or sputtering in the stomach

sickness

peevishness

a sensation of vacancy in the stomach

feeling discombobulated or dazed

inconvenience concentrating

Cerebral pains

As per the Canadian Society of Gastrointestinal Research, individuals are more averse to incline what they need to eat when they are eager. Interestingly, somebody with a longing to eat may track down that particular variables increment their hunger. These may include:

- 1) boredom, stress, or another increased enthusiastic state
- 2) seeing or smelling food that offers to them
- 3) routine, propensity, or an extraordinary event

2.1.1 The Environment Can Affect Appetite

Regarding imparting innovative dieting propensities, we buy and enormous will in general, zero in on the food varieties we eat and how they are ready. Nonetheless, good dieting does not stop there, as various environmental variables can impact how we eat. Focusing on our current circumstance's impact on our cravings can help us structure better dietary patterns and urge ourselves to settle on better decisions day by day.

Our craving can be affected by outside factors," says Stacy Roberts-Davis, RD, LDN over email. "Strolling around a shopping center and having every one of the scents encompass you can get you in the disposition for those things regardless of whether you are not ravenous. In any event, driving and seeing a sign for an inexpensive food chain and smelling the fries can make people need to stop.

With such countless various triggers around us, it is helpful to know what we should focus on to set ourselves in the mood for eating food varieties that cause us to feel our best and most stimulated. Similarly, as we attempt to pick the food sources for ourselves that cause us to feel our best, we can likewise decide to inundate ourselves in a sound climate — regardless of whether it implies we need to develop it ourselves

if you need to take your sound propensities up an indent, consider these 11 wonderful ways that the climate can influence your hunger.

2.1.1.1.The Order Of Your Food Choices

If you're attempting to eat better food sources, you should ensure you use them first before you even consider dessert. An investigation distributed in the diary PLOS ONE found that when individuals see — or eat — quality food first, they are less inclined to devour unhealthier food sources later on. In case you are at an eatery, take a gander at the solid menu before checking the regular menu, and in case you're at home, keep your products of the soil towards the front of the refrigerator.

2.1.1.2.Social Media Feed

"At the point when you look through Pinterest or Instagram, those food photographs make you slobber," says sustenance mentor Michelle Pfennighaus over email. Numerous examinations show that simply seeing food can build your craving to devour more, even without hunger. What is more, even though it assists with taking a gander at pictures of servings of mixed greens instead of cheeseburgers, research shows that taking a gander at pictures of high-fat food sources inspires conduct more so than taking a gander at pictures of low-fat food sources.

2.1.1.3.What is Available Around You

"We are well on the way to eat the food that is effectively accessible," says Pfennighaus. "Nearness and simplicity frequently figure out what we wind up eating." Science upholds this idea: An investigation from Cornell University found that individuals who left the organic product on their ledge were more grounded than the individuals who kept oat or soft drink out in their kitchens. You will be less enticed to eat it on the off chance that you cannot see it.

2.1.1.4.The Color Of Your Plates

Here is a tip: Do not coordinate with the shade of your plate to the food you are serving. Exploration out of Cornell University found that individuals serve

themselves more food when their plate coordinates with the shade of their food, however when their plates are a differentiating tone, they wind up eating less.

2.1.1. 5. Being Alone

At any point, felt so exhausted, you went to food as a decision of action? An examination distributed in *Hormones and Behavior* found that desolate ladies feel more eager after eating a supper than ladies with solid social associations.

2.1.1.6. Whom You're Eating With

"Eating with loved ones can trigger positive or negative propensities," says Roberts-Davis. An examination distributed in the diary *Food Quality and Preference* found that individuals will, in general, request comparative food from their companions when eating out together. On the off chance that your companions are requesting quality food, you are bound to also, yet the opposite can be valid. "Some of the time in the event that we see a companion eating something that isn't the most ideal decision, we feel now and again, its alright to arrange something undesirable," says Roberts-Davis. "Indeed, even how quick the other individual eats can trigger us to eat quicker."

2.1.1.7. Eating In Front Of The TV

Believe there is no mischief eating on the love seat rather than the table? Reconsider. An examination from the diary *Appetite* found that individuals who had lunch before their TV or telephone were bound to wind up nibbling all the more later. At the point when we are delayed down and are partaking in the experience, we will, in general, feel more fulfilled.

2.1.1.8. Eating In A Loud Restaurant

The climate of your environmental factors can assume a part in how much food you devour. Milder lighting and calmer music can impact you to eat less, while splendid lights and uproarious music can cause you to eat more, as indicated by

research from Cornell University. A more delicate feel can help you unwind, which might be liable for easing back you down when you eat your food.

2.1.1.9.Paying With Credit Card

Money or card — it should not make any difference, correct? Wrong. One more examination from Cornell University found that individuals who purchased food with their Mastercards were bound to buy lousy nourishment than the individuals who paid with cash. Utilizing a charge card supports more impulsive purchases while utilizing cash by and large requires more preparation.

2.1.1.10.A Cold Climate

There is an explanation that we need a significant bowl of messy stew in the colder time of year. Examination shows that caloric admission increments during the colder months, and specialists say this is because our progenitors were accustomed to accumulating for the colder time of year ahead, as per NPR.

2.1.1.11.Food Labels

We have all seen those items with the words "all-regular," "natural," and "sound" sprinkled across the bundling, yet these food sources, as a rule, are not the best choices. The more straightforward marks are, the almost specific you are to settle on the right solid decision, as indicated by concentrates from the University of Pittsburgh. Wholesome names can be difficult to peruse, so it is nothing unexpected that improving on them makes it simpler for you to settle on a sound decision.

Focusing on your environmental factors can help you settle on better decisions regarding food, and it can likewise be helpful to know about your very own triggers.

2.2 External components

2.2.1 food plating

Food plating is the way toward orchestrating and brightening food to improve its show. Introducing a dish enhances the feasting experience and gives space to a better grade up on your food. The plating plays intensely on the banality that we 'eat with our eyes, but at the same time, it is a stunt that can wander right into whatever you might have had planned as a gourmet specialist or restaurateur.

Some of the time, the critical factor of a bustling assistance limits time for food plating; however, procedures can be quick and simple to follow on the off chance that you have the suitable instruments. However, a wonderfully plated dish enjoys numerous benefits; truly excellent food is still not a viable alternative for flavor. So how might you accomplish the proper equilibrium of style and substance?

It is simpler to distinguish the starting points of a flawlessly introduced plate of food, so it is bound to invigorate the appetite reaction from the clients. The presence of food is likewise a vital component in showcasing the menu. Without a beautician or picture taker available, it can be confident that your burger joints will be quick to catch an incredible-looking dish. You can urge them to post pictures on the web and incorporate the name of the café. Utilize viable lighting and apparatuses inside the eating space to make food more visually appealing.

It is doubtful that a top-notch dish will be eaten in a hurry. Along these lines, food plating is an integral asset that can adjust the view of food. Additionally, youngsters appreciate eating food that is formed into an intriguing shape or plan. Subsequently, a food show can likewise empower better eating, making it a valuable stunt to win the endorsement of children or particular eaters.

2.2.2 Tableware

Here and there, it pays to be intense while picking the proper plates for food. Regular record is frequently held for sushi and tapas, yet there is no explanation that it

cannot serve your dishes. Its barbed edges and smooth stage make a differentiating material underneath brilliantly hued vegetables and fish.

2.3 Case study

2.3.1 Deconstructing The Plate with Christopher Kostow

Deconstructing The Plate is a series that enlightens the masterfulness behind signature dishes of a portion of the world's most eminent culinary specialists. We, as of late, made an excursion up to St. Helena, CA, to visit with Christopher Kostow, gourmet expert of the fourth-sequential three Michelin featured The Restaurant at Meadowood. In this debut highlight, we deconstructed Kostow's imaginative 2-section cucumber dish: Cucumber Seed Risotto and Cucumber Roasted in Madrone; and caught the plating of his Sturgeon Cooked in Sturgeon Fat.



Figure 2.1 Cucumber Roasted in Madrone and Cucumber Seed Risotto by chef Christopher Kostow.
Source: Nguyen, 2021



Figure 2.2 Sturgeon cooked in nasturtium leaves and sturgeon fat served with onions.

Source: Nguyen, 2021

The Cucumber Cooked in Madrone, which is frequently served with the risotto, is a cucumber wrapped in madrone leaves and roasted over the fire. The Cucumber is served with a small vessel of house-made Camelina sauce topped with a purée of charred onion sprinkled with toasted wild flax seeds and roasted wild onion blossoms. An Everything bagel inspired this one — that is what the flavors are reminiscent of. "

Both parts of this meal rest nicely atop a handcrafted Ash Madrone wood nest produced by a local artist. The artist takes the wood, burns it numerous times, waxes it, and then builds the nests out of the smaller pieces of wood. The excellent muscular features of the nests lend themselves to a primal sense, harmonizing with the manner the meal is intended to be consumed. To get away from the pretense, they make various meals that people can eat with their hands.

2.3.2 The Art of Plating: Where Food and Design Meet

We have all grown up seeing served food on a tiny palette, generally flat and circular, daily. We have spent more time staring at dishes than we have at framed paintings. We are not shocked by how food is exhibited; we like how it looks because we are hungry. Chefs all around the globe struggle to dazzle diners with "new" images that incorporate textures, colors, scent, forms, architecture, balance, and everything else they can think of. Ideas are freely exchanged in the environment of instant gratification provided by the internet. It is fascinating to observe how cooks create originality, beauty, and surprise. We especially like The Art of Plating and wanted to share some of our newfound inspiration.

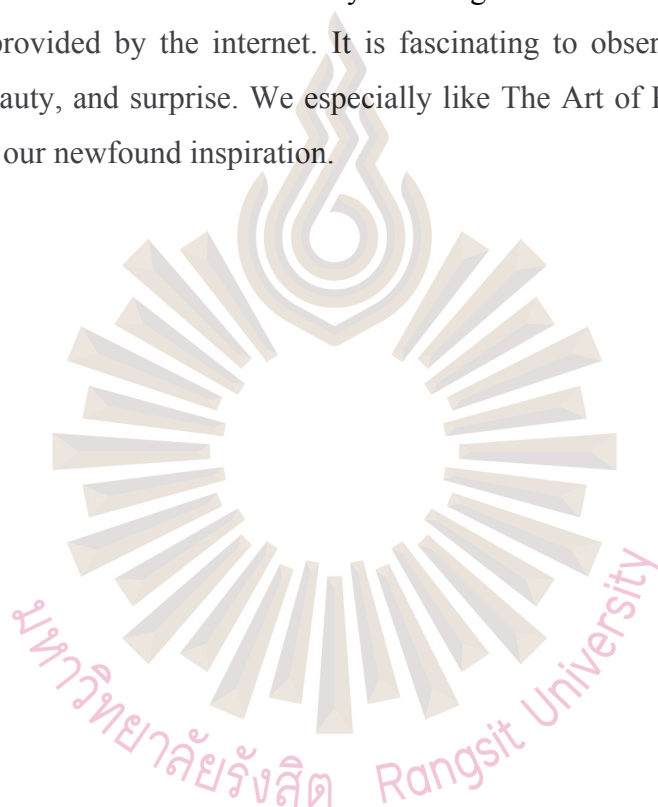




Figure 2.3 Burnt Jerusalem artichoke, roasted hazelnuts, salty caramel, and malt by Søren Selin.

Source: Design-milk, 2014

It is incredible how much we adore this super-interactive golden moment, in which diners can break a layer of toasted chokes to see, much alone taste, their meal.



Figure 2.4 Mini-menustarters. From left to right: 1) Room temperature stone: amusebouche – 2) Chilled stone: Minced vegetables with troutroe – 3) Room temperature stone: Tomato gazpacho – 4) Hot stone: Fish croquette – 5) Warm stone: Beef gelée – 6) Cold stone: Not too sweet macaron
By chef Noriyuki Hamada of Boston Court Yukawatan from Japan.

Source: Design-milk, 2014

Not only do we adore the fun sphere pedestals that highlight the various bites – but each stone is served at a different temperature, ranging from ice cold to piping hot! Enjoy a variety of dining experiences based on the flavor of each mouthful.



Figure 2.5 Sweet water pike grilled with summer cabbage by Rene Redzepi.

Source: Design-milk, 2014

The swirl of sorrel puree frames the platter while also adding movement to the curved veggies. We also enjoy displaying the herb leaves upside down to highlight their inner beauty. The usage of a dynamic line plate can enhance the vibrancy and three-dimensionality of a flat plate.

Chapter 3

Research Methodology

The main content of this chapter is that after profound analysis of the food plating and tableware design, and to study the background of healthy food and the motivation way on eating experience, find some food ingredients and some materials and try to combine the two materials to make them strong and create new functions and textures in the continuous experiment to understand the characteristics of different materials and choose the most suitable one. Finally, design and make the edible tableware regarding healthy food using a variety of materials such as rice, rice paper, cookie dough, bread, jelly, and flour.

3.1 Investigate and data reference analysis

3.1.1 Effect Factors 1

How can we slow down our chewing and taste more sweetness while still consuming less sugar? The first study from Jinhyun Jeon in South Korea called “Tasty formulas” used the tasteful silverware to help us understand the interesting ways in which we consume food, using explanations of temperature/ toughness/ color/ volume/ weight/ shape in an interactive way:

$$\text{SWEET} \times 36.5^{\circ}\text{C} = \text{SWEET} \text{+++}$$

$$\text{SALTY} \times < 36.5^{\circ}\text{C} = \text{SALTY} \text{++}$$

$$\text{SOUR} \times 36.5^{\circ}\text{C} = \text{SOUR} \times 100^{\circ}\text{C}$$

$$\text{BITTER} \times > 36.5^{\circ}\text{C} = \text{BITTER} \text{--}$$

$$\text{SWEET} + (0.5\% \times \text{SALT}) = \text{SWEET} \text{++}$$

$$\text{SALT} \div \text{SOUR} = \text{SALTY/SOUR} \text{--}$$

SALTY \times SOUR = SWEET +

10% \times (5R 4/14+5YR 4/14+5Y 4/14) = 2.0

90% \times (5R 4/14+5YR 4/14+5Y 4/14) = 0.1

20% \times R > 20% \times Y

5cm³ \times SOUND/ SIGHT = 10g \times TOUCH

1mm \times TOUCH > 10mm \times TOUCH (y=f(x)) \times TOUCH = Y (Emilie

Chalcraft (2012))

3.1.1.1 Color

Warm colors have been shown to increase appetite such as red and orange that are used on fast food signage and are more appetizing when used sparingly (Figure 3.1).



Figure 3.1 warm color spoons

Comparison of sweetness between red and yellow with the same sugar content shows that red (crimson, scarlet) foods have a stronger sweetness than yellow. Orange stimulates the appetite because it has been found to increase the oxygen supply to the brain and stimulate mental activity in the brain. Yellow speeds up the body metabolism, so it is a good choice for tableware or tablecloth. However, if food and tables are displayed in warm colors, the appetite may be reduced. Warm colors are most effective when used sparingly to create unexpected highlights.

3.1.1.2 Volume and Form

It was noted that the volume of the hollow part of the spoon's middle-end influenced and enhanced our hearing, taste, and appetite for the scraping sound of glassware. A spoon may give us a sense of stability when it weighs 40 grams. However, if we reduce the weight of the plate to 10 grams, we can sense the amount of food we are eating.

Adding a new element to the original shape of the spoon aims to increase the presence of the spoon in the hand and give a comfortable feel in the hand, as well as making the spoon more convenient to use. Changing the thickness of the handle makes it possible to be more aware of the amount of food one feels when eating, and large quantities of food increase the awareness of the moment of consumption (Figure 3.2).



Figure 3.2 Different materials and shapes of spoons can make people feel different

These spoons are made of plastic, stainless steel, and silver. The tactile sensation of the mouth is stimulated by the different materials and shapes.

3.1.1.3 Tactility

According to Dr. Linda Bartoshuk from Yale University School of Medicine, taste buds can perceive sweet, sour, salty, and bitter flavors as long as they are present. When sweet and salty flavors, which are equally strong, are mixed, they produce a taste that never occurs. When salty and sour flavors are mixed, the flavor becomes softer. When the salty and sour flavors are fully blended, a sweet flavor is produced. The sweetness becomes stronger when it is stronger than the savory taste. When your tongue, lips, and palate come into contact with different materials and

shapes of spoons can stimulate our tactile sensitivities. Depending on the sensitivity of each individual's tongue will produce different effects (Figure 3.3).



Figure 3.3 different types of sensitive tactile spoons

3.1.1.4 Temperature

Taste has a specific effect at different temperatures. Sugar below body temperature is sweeter when it first tastes, salty flavors will become stronger at decreasing body temperatures, whereas sourness does not change its sourness with temperature. When you feel a decrease in bitterness it is when the temperature around you has risen above your body temperature (Chalcraft, 2012).

3.1.2 Effect Factors 2

The second study was carried out in the experimental restaurant of the Institut Paul Bocuse in Lyon, France, where three different desserts were served on separate white and black plates of the same material and size. Each dessert was prepared on three days of a week (Wednesday, Thursday, or Friday) and served on a white or black plate at lunch or dinner for a period of two weeks (Figure 4).



Figure 3.4 From left to right: Dessert A, Dessert B, and Dessert C

The experiments showed that when food was served on different colored plates, it had different effects on the perception of the food, depending on the ingredients of the dessert being experimented with. These effects could not be explained by color contrast alone. They could also be associated with taste. For example, the combination of black and chocolate produces a strong chocolate flavor, especially in the case of refined chocolate. More interestingly, the perceptual pattern of each dessert was constant for the plate used; all desserts served on the same plate were rated higher for all the attributes assessed.

In the above experiment, since the desserts were considered to have different colors, flavors, and decorations, the final result could not be justified by the color comparison between the dessert and the plate. It was found that Dessert B, a dark brown shade presented on a black plate, received a higher score. This result proved that consumers prefer the complexity and variety of certain foods, and even believe that certain attributes of the food are enhanced when moved from one container to a different background. Just as Dessert B received a higher score it may be that the black background evoked a stronger flavor, resulting in a higher attractiveness and appetite score. However, the taste of the dessert itself was not significantly altered (Piqueras-Fiszman, Giboreau, and Spence, 2013).

To perceive more clearly the interaction arising from the contrast between the food and the color of the plate (the color of the bowl or the cup), some experiments can explain the perception of more saturated colors. For example, when the orange color of carrots was placed on separate blue and white plates, the orange color was intensified when placed on the blue plate. The hypothesis is that the color of the plate

or background color affects the perception of the color of the food, which in turn affects the perception of taste. It was concluded that the color of the plate would indirectly affect the perception of taste. Piqueras-Fiszman et al. conducted an in-house experiment in the laboratory with white and black plates with participants. The results of the experiment showed that strawberry mousse of equal color and texture tasted more intensely sweet and correct and more enjoyable on a white plate than on a black plate. The results of these experiments are interesting but are based purely on what people see and feel, and are not tested with other, more complex subjects in a study done on an ecological basis (Piqueras-Fiszman, Giboreau, and Spence, 2013).

With respect to the information gathering from Journal Papers (BioMed Central) and the internet source (<https://www.dezeen.com/tableware-as-sensorial-stimuli-cutlery-by-jinhyun-jeon/>), some factor involving healthy food and taste motivation are described.



3.2 Design progress

3.2.1 explore Food ingredients for edible tableware



Figure 3.5 Ingredients and tools for cooking

This design aims to meet the practical function based on daily edible flour as materials and combined with modeling of the tableware. The extracted spinach juice was added to form a green decoration, give a person a pure and fresh sense of the vision, and increase the natural interest and edible design. At the same time, the plate and decoration were used to arouse people's interest in food in the process of using. The product can significantly improve the user experience but the use of the product itself will not be affected by the improvement and consideration of the function.

Chapter 4

Research Results

The final design result is through a number of different edible materials experiments, and the design concept of plate design, using people's curiosity to arouse people's appetite, so as to achieve the purpose of affecting people's appetite.

4.1 Result 1:rice and jelly

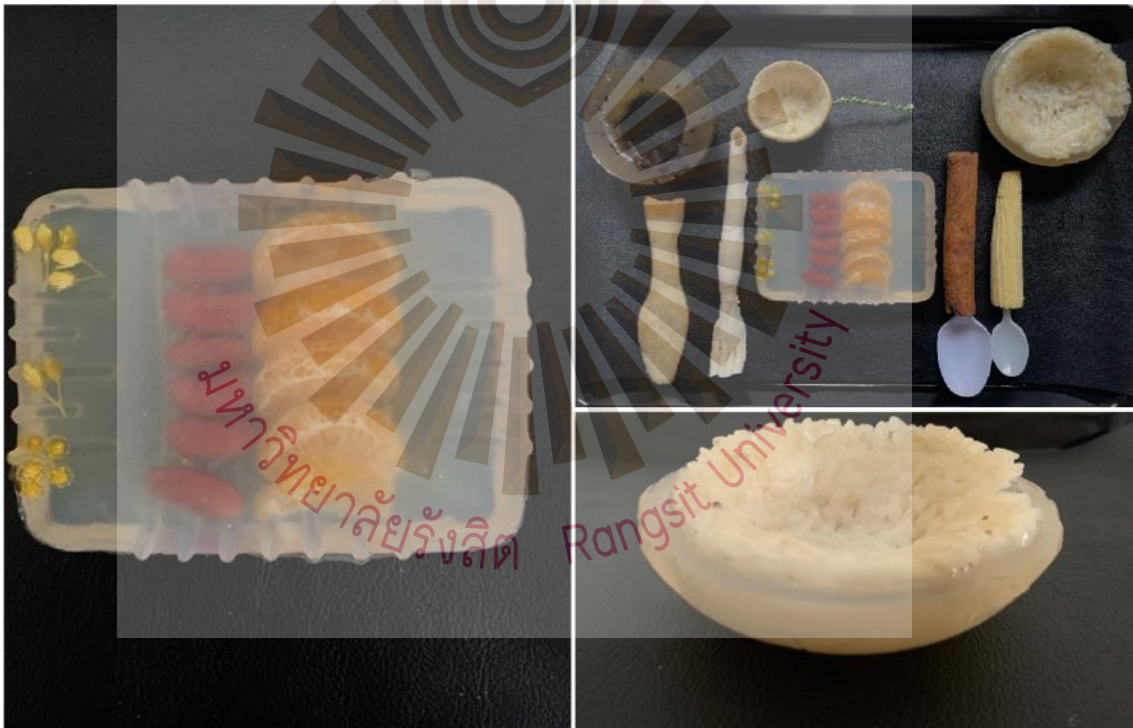


Figure 4.1 Tableware made from fruits and vegetables such as jelly and rice

At the beginning of the experiment, the author chose jelly as a food container, and during the experiment, the author found that the advantage of jelly was its transparency that allows us to see the ingredients of the food; however, it was too soft to bear the weight (Figure 4.1).

4.2 Result 2: Spinach juice and flour

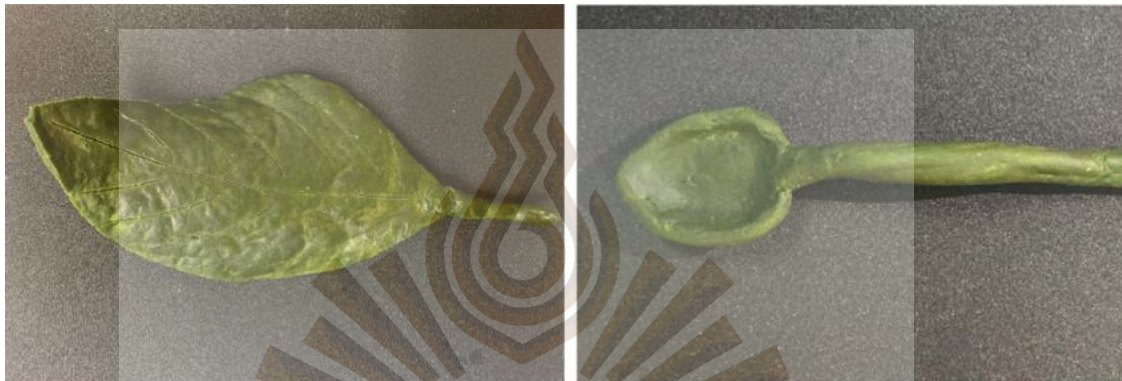


Figure 4.2 Hand-kneaded spinach flour spoon

Since jelly could not hold the weight, the author tried to make edible dishes out of flour instead. It is important to have a good proportion of flour to water and oil because, in the beginning, utensils made of an inappropriate proportion of flour tended to crack. Besides, due to handicraft restrictions, the utensils could not stay in the shape of the tableware. The author tried to get help from professional bakeries.

4.3 Result 3: Cookie dough product

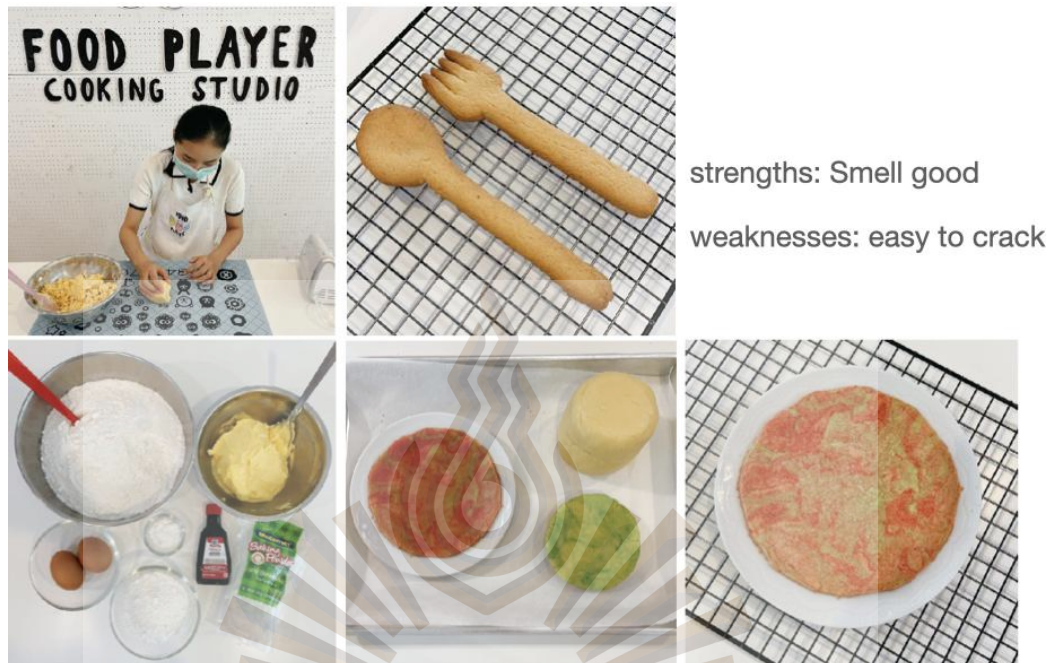


Figure 4.3 fork and spoon made of cookie dough

To improve the craftsmanship and have a deeper understanding of the material ratio, the author visited a cooking studio named Food Player near Rangsit University to learn how to make cookies and used cookie dough to make forks and spoons. The cookies tasted delicious but were hard to keep and easily breakable (Figure 4.3).

4.4 Result 4: Edible tableware

Due to the limitations of mold and craft, the above works were not perfect. Their shape and color needed to be improved. After many experiments, the author finally came up with the following tableware by adjusting the ratio of flour, water, and oil and the shape of the mold.

After experimenting with so many materials, the author finally chose flour due to its newness, editability, and ease to keep in shape. Besides, the author added some elements to make it more appealing, such as fruits and vegetables.



Figure 4.4 final product of edible tableware 1



Figure 4.5 final product of edible tableware 2



Figure 4.8 Details of the cups 2



Figure 4.9 Details of the spoons 1



Figure 4.10 Details of the spoons 2

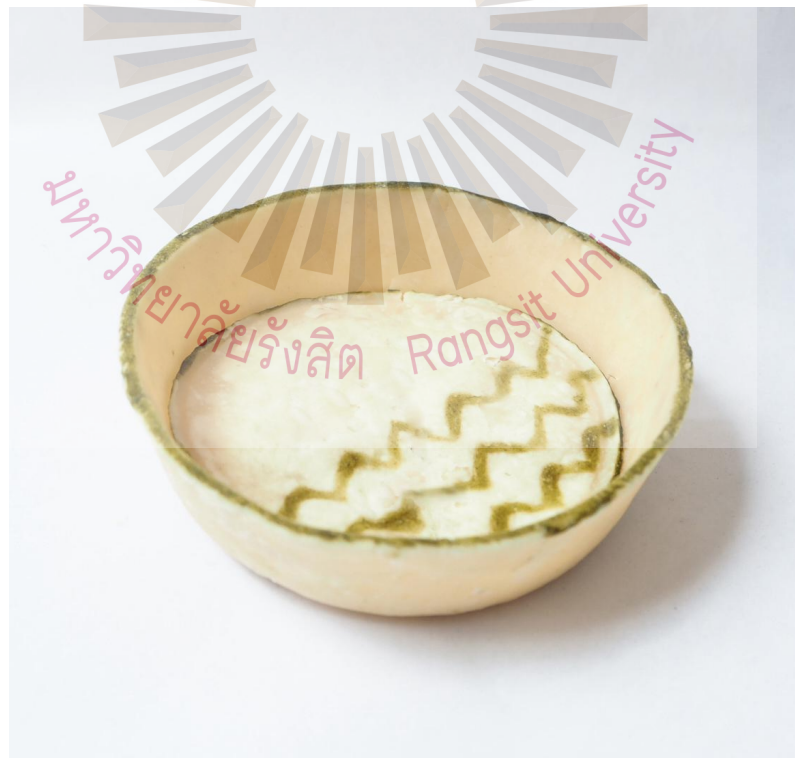


Figure 4.11 Details of the bowl 1



Figure 4.12 Details of the bowl 2



Chapter 5

Conclusion and Recommendations

5.1 Conclusion

This study aims to encourage people to eat more in more atmospheric environments affected by the influence of the environment and plating of cutlery, such as they will eat in restaurants on holidays or festivals.

Traditional tableware will affect people's tastes and senses through its characteristics and designs. However, the author wanted to take edible tableware as the starting point to further influence people's appetite through its edibility and food arrangement and express a particular season or holiday with color and texture to enhance the dining atmosphere and enrich people's eating experience.

This study designed 4 tablewares. First was made of jelly and rice that were transparent and allowed the user to see the inside of the food, which effectively increased the level and flavor of the food. The second was made from cookie dough, which had a delicious taste and could support delicious food that can stimulate one's appetite. The last tableware design was made of flour with spinach, which had green color and can support the greenish of food and help people feel safe for these dishes.

5.2 Recommendations

These edible tableware designs may promote a good feeling for people can stimulate people's appetite greatly since eating is not only a physiological need. These designs can even increase the functions and aesthetic of the tableware to achieve the result that affects people's vision and taste. By creating the edible tableware, people can feel the taste of the food and the edible tableware, in a combination of each other

and with novelty, and the atmosphere can be immersed in the enjoyment of eating, It also provides new ideas and reference directions for the development of edible tableware in the future.



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