

## Foreword – Handbook on Sensory Analysis

The original of this handbook is the Swedish *Handbok i Sensorisk Analys*, which was an updated edition of an older sensory analysis handbook written by Birgit Lundgren back in 1981. The handbook was revised in 2013 by Berit Albinsson, Karin Wendin and Annika Åström. Both these handbooks were written at SIK – The Swedish Institute of Food and Bioscience, which is now part of RISE – Research Institutes of Sweden.

The revised edition of the handbook has proved popular in both industry and in the teaching world. At university level, it has been used by students as a complement to the academic literature in sensory science programmes. There has been a growing demand among international students at Swedish universities for the handbook to be translated. In 2016, Kristianstad University entered into an agreement with the research body RISE to translate the handbook into English. The translation was made by Patrick O'Malley.

The handbook was translated and printed with permission from the co-authors.

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## FOREWORD

Birgit Lundgren's *Handbok i Sensorisk Analys* was first published in 1981. Since then it has become something of a classic within sensory analysis circles and it has been used as a handbook in the true sense of the word – a book to be adhered to in all contexts related to sensory analysis. With this revised edition, we aim to describe traditional methods and introduce modern-day terminology, and at the same time add a number of new methods. Our aim, however, is that the 'old readers of Birgit's Handbook' will in many ways still feel comfortable using this new edition.

As was the case previously, the handbook is aimed at those who conduct sensory analyses or who use the outcomes of sensory analyses, i.e. the outcomes of assessments and evaluations of characteristics that we experience through our senses: sight, hearing, smell, taste and touch.

Whilst not every problem or issue that could conceivably arise within sensory analysis can be covered by a handbook of this nature, our aim is to describe methods in a way that sensory analysis experts, product developers and others working in similar positions will recognise the situations and problems described. Examples in the handbook cover various types of food, although they could equally apply to any other product that has sensory 'characteristics, such as packaging materials, paper and pharmaceuticals.

The majority of the methods described are based on various standards, such as ISO or ASTM. Reference to these standards is made for each method. In those cases where no standards are available for the method described, literature references are provided.

This handbook aims to contribute to a greater understanding and knowledge of sensory analysis. The detailed method descriptions contribute to achieving this. However, there is a very significant leap between having access to a handbook and creating a successful assessment programme. It is virtually impossible, for example, to state in every detail why in a certain case one particular method is chosen rather than another, or how you formulate a questionnaire. What is needed to achieve this is personal training in situations in which you are forced, for instance, to choose a method or design a reporting form. The quickest way of acquiring experience is to work with people with more experience. Computer software adapted to sensory analysis, as well as data collection and statistical evaluation, are available to help you in this process and they are being constantly developed.

The recommendations and views expressed in this handbook are based on the many years of experience built up at SIK as part of sensory analysis research conducted in collaboration with universities and other research bodies, as well as commissioned consulting assignments for industry.

Updating authors

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