

¿QUÉ ES EL GUSTO?



El **sentido del gusto**, o **gustación**, es una **función sensorial** que **permite percibir los sabores** de los alimentos y sustancias.

Se localiza principalmente en la lengua, donde numerosas **papilas gustativas** detectan distintos estímulos químicos. Estos estímulos activan receptores específicos que envían señales al cerebro, interpretando los sabores básicos: **dulce, salado, amargo, ácido y umami**.

La información gustativa se combina con otros sentidos, como el olfato, para crear la experiencia completa del sabor.

Este sentido desempeña un papel crucial en la selección de alimentos, la digestión y la percepción del entorno, contribuyendo significativamente a nuestra calidad de vida y bienestar.

Que Gusto

RC Schank



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