

Project Title: All Kinds of Spicy

When we encounter spicy food we often ask what kind of spicy we're tasting – is it numbing? Is it painful? I would love to see a website that introduces the different sensory experiences that are termed “spiciness” or “pungency”. The mechanism of how each type functions sensorially would be described, and food examples will be introduced. Reference information can be gathered across wiki sites including but not limited to:

- <https://en.wikipedia.org/wiki/Pungency>
- https://en.wikipedia.org/wiki/Hot_sauce

Content outline:

Introduction and definition

- Define spiciness/pungency/their relationship to the sensation of heat or pain

Sensory mechanisms

- Explain the science of capsaicin and how it activates pain receptors.
- How spiciness affects the brain and body (endorphins, sweating, etc.).
- (possibly) Mention the Scoville Heat Scale as a measure of spiciness.
- Health benefits and potential risks associated with spicy foods.

Popular Spicy Foods and Sauces

- List and descriptions of well-known spicy foods and sauces:
 - Tabasco sauce, Sriracha, wasabi, harissa, sambal oelek.
 - Short descriptions of their origins and spice levels.
- Accompanying images of each item.

Tips for Managing Spiciness

- Tips for handling spicy foods.
- Remedies for reducing the burning sensation (milk, yogurt, etc.).
- Advice on building tolerance to spicy foods.

Spicy Recipe Ideas

- A collection of simple recipes incorporating spicy ingredients.
- Recipes for homemade hot sauces or spicy snacks.
- Suggestions for pairing spicy foods with complementary flavors.

· **Fun Facts and Myths**

- Common myths about spicy foods (e.g., it causes ulcers).
- Fun facts, like how birds are immune to capsaicin.
- “Did you know?” section with bite-sized trivia.