

How to taste in four steps

1

Look

Hold the glass over a white sheet. How deep is the colour, how clear?

2

Smell

Swirl, then sniff twice. Fruit, flowers, spice, wood? Name one thing.

3

Taste

A small sip, round the mouth. Sweet or dry, fresh or soft, light or full?

4

Decide

Fill the score rings and write one word. Then spit, and drink some water.

THE FIVE SCORE RINGS

- | | | | | | |
|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|------------------|
| ☒ | ☐ | ☐ | ☐ | ☐ | Not for me |
| ☒ | ☒ | ☐ | ☐ | ☐ | It's fine |
| ☒ | ☒ | ☒ | ☐ | ☐ | Good |
| ☒ | ☒ | ☒ | ☒ | ☐ | Really good |
| ☒ | ☒ | ☒ | ☒ | ☒ | I'd buy a bottle |

SIX WORDS TO START WITH

Fruity

You find fruit first: berries, citrus, apple.

Fresh

Your mouth waters, as with lemon.

Dry

No sweetness at all. Most wines are dry.

Smooth

Soft on the gums, no grip.

Light

Feels more like water than milk.

Warm

A gentle heat at the back of the throat.

There are no wrong answers. Taste, spit, and keep water on the table.

