

Water Sommelier Certification in Italy

Rita E. R. Palandrani



A.D.A.M.

Associazione Degustatori Acque Minerali

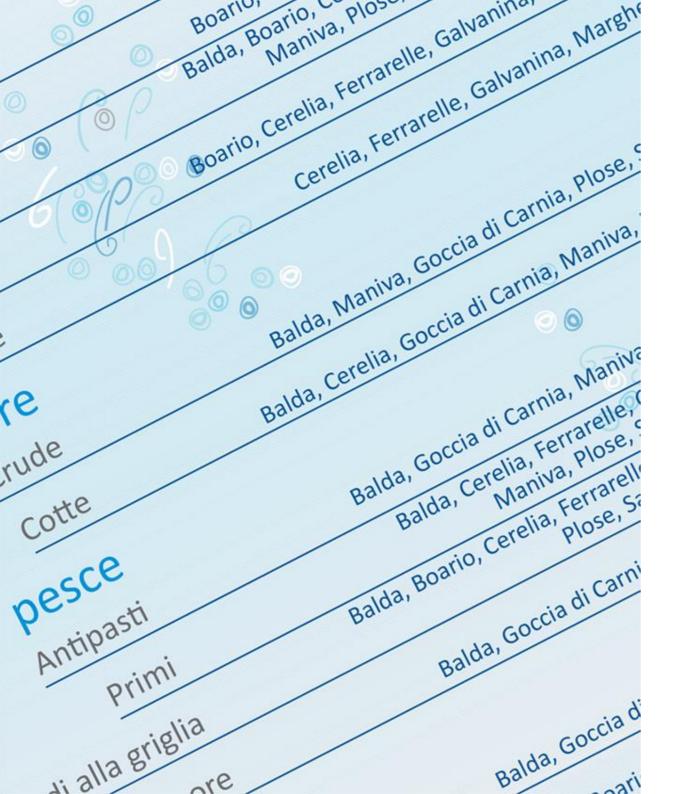
(Mineral Water Tasters Association)

Founded in 2002 by a team of food experts, with the support of doctors, nutritionists, geologists, chemists



### Aim and objectives of the A.D.A.M

- Promoting the knowledge of mineral water
- Understanding the importance of mineral water in our diet plan
- Enhancing the research in the sensory interaction between water and food



## A.D.A.M. certification

- January 2002:

   A.D.A.M. starts offering training courses
   (1st, 2nd and 3rd level)
- Provides educational support
- Designed a Mineral Water list



### 1st level training

- What is water
- How is water born
- Water and our body
- Waters used for human consumption
- Natural mineral water



#### 2nd level training

- Sensory analysis
- Sight physiology
- Sense of smell physiology
- Taste physiology
- Mineral salts and elements present in mineral waters
- Sense perceptions in the evaluation of mineral waters
- Packaging of mineral waters



#### 3rd level training

- The history of water, water and wine
- Technical and structural aspects in the production of mineral waters
- Water and the adventure of taste
- Final test and evaluation

# Rita E. R. Palandrani

- \* water sommelier
- \* hado instructor



