



Do loud sounds while you dine bother you? According to a Unilever study, noises produced by aircraft engines take away the appetite of passengers when meals are served in the air. They also state that knowing the food is pre-frozen and microwaved doesn't help, either.

In the experiments, blindfolded diners ate while simulated aircraft noises were broadcast at low frequency and then up to very loud. The results were that the noises were distracting, and the food didn't seem as tasty. Researchers said the meals were more appreciated when soft music was played.

So, next time you fly, and the meal in the air isn't so great, don't blame the airline chef. Put on your earphones and listen to music instead of the engines. Maybe that's why they have strolling violinists at the fanciest restaurants on the ground.