

Visual references for evaluation of descriptors: (a) 'artichoke-shaped tip' and (b) 'firmness' [11]

ARTICHOKE-SHAPED TIP: $0 \square 3 \square 5 \square$

FIRMNESS: $0 \square 3 \square 5 \square$

Sign according the following scale:

'absence' (0), 'very weak' (1), 'weak' (2), 'medium' (3), 'intense' (4) and 'very intense' (5)