

Taste Test Challenge

Focus Area: Healthy Eating

Objective: A taste test encourages employees to engage in healthier eating habits in the workplace by introducing them to new foods.

Length of Challenge: One day (length of time can be adjusted)

Materials Needed:

- □ Food samples
- □ Sample cups, plates, napkins, utensils, etc.
- □ <u>Taste Test Score Sheets</u> (two per page), printed
- □ Prizes (optional)

Getting Started:

- **1.** Choose a theme for your Taste Test. For example: Winter Produce, Sugar-free Drinks, Milk Substitutes, etc.
- **2.** Decide the day, time and location your Taste Test will take place. Book a space, if needed.
- **3.** Announce the challenge to employees! This can be done via email, newsletter, department intranet and/or flyers.
- **4.** Send a reminder to employees about the Taste Test and how they can participate.
- **5.** Set-up:
 - Purchase and prepare the food or beverage samples that participants will be taste testing. This is a blind taste test so no product labels should be showing.
 - Print and cut out the Taste Test Labels (page four) to pair with the samples.
 Alternatively, you may make your own labels.
 - On the Taste Test Answer Key, (page three) note the correct name of the samples so you can reference later.





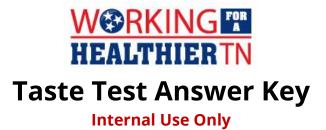
 Print the <u>Taste Test Score Sheets</u> for participants. Alternatively, you can create your own, or provide blank slips of paper for participants to vote for their favorite samples and submit them into a bowl or box.



Example Chocolate Taste Testing Station set-up from DIDD.

- 6. Kick-off:
 - Ask employees about food allergies before allowing them to participate in a blind taste test.
 - Be sure to explain to participants how to complete the Taste Test, where to submit their Score Sheets and how the results will be announced.
- **7.** After the Taste Test, share the results of the Taste Test with employees.
 - Send photos (with permission) to WFHT.TN@tn.gov.





Note: You may not need to use all labels, depending on the number of samples offered.

Example theme: Milk Substitutes		
A Non-Fat Milk	B Unsweet Almond Milk	C Plain Soy Milk
A1	B1	C1
A2	B2	C2
A3	B3	C3
A4	B4	C4





Taste Test Labels

Internal Use Only

Note: You may not need to use all labels, depending on the number of samples offered.

A1	B1	C1
A2	B2	C2
A3	B3	С3
A4	B4	C4

