



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 for test, sample cups, napkins, utensils, etc.
- Participant Tracking Sheet
- Taste Test Score Sheets
- Prizes (optional)

Directions:

- Participants will taste various food/beverage samples and complete a "Taste Test Score Sheet" during this challenge.



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Getting Started:

1. Decide what day, time and location your "Taste Test" will run. (Book a space if needed.)
2. Choose a theme for your "Taste Test." (For example: Winter Produce, Sugar-Free Drinks, Milk Substitutes, etc.)
3. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet and/or fliers.)
4. Send a reminder to employees about the "Taste Test" and how they can participate.
5. Set-up:
 - Purchase and prepare foods/beverages that participants will be taste testing. (Remember, this is a blind taste test so no product labels should be showing!)
 - Print and cut out the "Taste Test Labels" to pair with samples.
 - On the "Taste Test Answer Key," note the name of the samples so you can reference later.
6. Print:
 - [Participation Tracking Sheet](#)
 - Taste Test Score Sheets
7. After the "Taste Test", share the results of the challenge with employees!
 - Send photos (with [permission](#)) to WFHT.TN@tn.gov.

Taste Test Answer Key

INTERNAL USE ONLY

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

Example Theme: Milk Substitutes

A <i>Non-Fat Milk</i>	B <i>Unsweet Almond Milk</i>	C <i>Plain Soy Milk</i>
A1 _____	B1 _____	C1 _____
A2 _____	B2 _____	C2 _____
A3 _____	B3 _____	C3 _____
A4 _____	B4 _____	C4 _____
A5 _____	B5 _____	C5 _____

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	C3
A4	B4	C4
A5	B5	C5