

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.
- [Taste Test Score Sheets](#) (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.

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- Print the [Taste Test Score Sheets](#) 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.





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 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

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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