

# 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](mailto: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		
<b>A</b> Non-Fat Milk	<b>B</b> Unsweet Almond Milk	<b>C</b> Plain Soy Milk
<b>A1</b> _____	<b>B1</b> _____	<b>C1</b> _____
<b>A2</b> _____	<b>B2</b> _____	<b>C2</b> _____
<b>A3</b> _____	<b>B3</b> _____	<b>C3</b> _____
<b>A4</b> _____	<b>B4</b> _____	<b>C4</b> _____



## Taste Test Labels

Internal Use Only

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

<b>A1</b>	<b>B1</b>	<b>C1</b>
<b>A2</b>	<b>B2</b>	<b>C2</b>
<b>A3</b>	<b>B3</b>	<b>C3</b>
<b>A4</b>	<b>B4</b>	<b>C4</b>