

# Taste Test



## ***Mooove to Lowfat or Fat Free Milk***



### **Materials Local Agency Will Need to Provide:**

- 2 muffin tins (for serving the tasting cups. Use a 12-cup tin (milk samples will go in center row). The center row is marked A,B,C, and D from left to right to keep track of the milk samples. One muffin tin at a time is placed on top of a box when the samples are presented to the Taster. The second muffin tin can be used to prepare samples for the next Taster in line.)
- 3 oz cups (opaque, not clear)
- 2 clip boards (to hold data sheets)
- Pens (to record responses)
- Dark Glasses (to cover the Tasters' eyes and mask the appearance of the milk for Tasters who do not wish to close their eyes)
- Client information cards
- Table (6 foot table is best)
- Box (to make it more difficult to see into the cups)
- Small cooler (to keep the cartons of milk chilled)
- Large cooler or refrigerator (to store back-up milk)
- Ice (to keep cold the milk that you are pouring in the cups)
- \*Milk [fat free (skim), lowfat (1%), reduced fat (2%) and whole milk] 1 oz of milk per person for each type of milk or about ½ gallon for 50 people. ½ gallons are easiest to pour.
- Paper Towels (for clean up)
- Garbage Can with liners (for cups and other trash)

\*Note: We have received special permission to purchase the milk for the taste tests with WIC funds by using a purchase order or P-card. The milk may be purchased for use with WIC clients or with potential WIC clients. The comptroller has asked us to include the following paragraph on the purchase order form you use for reimbursement:

*Section 20.43(7)(a) and (b) of the Florida Statutes allows Dept. of Health to purchase food in order to improve public health, encourage healthy lifestyles, and conduct public education campaigns to improve public health. This milk was used for taste tests as part of the Mooove to Lowfat or Fat Free Milk Campaign.*

## **Personnel Needed**

**Volunteer 1.** Provides Taster # and prepares milk samples using Taste Test Preparation Sheet.

**Volunteer 2.** Records Taster's responses on Taste Test Response Data Sheet and reviews results with each Taster.

## **Step-by-Step Instructions for Taste Tests**

Volunteers should encourage staff/clients to participate in taste tests. Challenge them to take the test to see if they like the taste of whole, reduced fat (2%), lowfat (1%) and fat free milk. The test will only take a few minutes, but could help them cut a lot of calories, fat and saturated fat from their diets.

- 1) Volunteer 1 will begin by giving the Taster a peel-off sticker with a number on it to put on the Taster's shirt. Use numbers 1-20. Repeat these numbers if more than 20 taste testers are present.
- 2) Volunteer 1 will then record this Taster number in the designated space on the Taste Test Response Data Sheet and send the Taster over to Volunteer 2 with the Taste Test Response Data Sheet. The Taster can be reviewing the flip chart and display.
- 3) Volunteer 1 will then prepare milk samples for the Taster. The volunteer should first put out four empty cups into cups A, B, C, and D for the muffin tin. Then the volunteer should pour the appropriate type of milk into each cup as indicated on the Taste Test Preparation Sheet for that Taster number. Place the muffin tin on top of the box with cup A to your left.
- 4) Volunteer 1 will then give the sample cups to Volunteer 2 to administer the taste test.
- 5) Volunteer 2 will ask the Taster to close her eyes or put on dark glasses.
- 6) Volunteer 2 will ask the Taster the following questions and then record the information on the Taste Test Response Data Sheet: the age of the Taster, the type of milk the Taster usually drinks, and how often.
- 7) Volunteer 2 will then serve the milk samples to the Taster. She will tell the Taster: *I'd like you to taste 4 kinds of milk. One is fat free, which has no fat; one is lowfat or 1%, which has very little fat; one is reduced fat or 2%, which is fattier; and one is whole milk also called vitamin D or regular milk which has the most fat. You'll taste them in random order and I'll hand you one cup at a time. After tasting each sample, I'll ask you to identify it and tell me if you like it. This is not a comparison test. We want you to guess based on the taste of each milk individually and not in comparison to the others. We also want you to determine the type of milk for the taste and not from the appearance, so please close your eyes or put on these dark glasses.*

Volunteer 2 will hand the Taster milk cup A. After she tastes it, ask “*Did you like it?*” Then ask, “*What type of milk was that? Fat free (skim), lowfat (1%), reduced fat (2%) or whole?*” Make the Taster guess before you offer her the next milk sample. Don’t remind the Taster of her previous guess. It is okay for the Taster to make the same guess more than once. Volunteer 2 will record the response. Repeat for cup B, cup C, and cup D. To ensure accurate results, Volunteer 1 should always present the cups in the order A to D (from left to right in the muffin tin).

- 8) Only the original guess will be counted. Again, this is not a comparison test. If the Taster insists that you change a guess after tasting subsequent samples, write their second guess in the comments column followed by the letter of the sample. Do not change the original response. Any comments such as , “they all taste the same” or “I like them all” should also be noted in the comments section.

After the Taster finishes tasting all the milk samples, Volunteer 2 should briefly discuss the results with her. This is a terrific opportunity to talk to staff/clients about the importance of good nutrition and encourage them to switch to either lowfat or fat free milk. First focus on the taste of milk. Determine the lowest fat milk the Tasters liked and encourage them to switch to it if it is lowfat or fat free milk. If the lowest fat milk that the Tasters liked was reduced fat (2%) or whole, suggest that they wean themselves to a lower fat milk to decrease their chance of developing heart disease. Stress that switching the type of milk they drink is one of the easiest things they can do to take control of their health. Examples of responses follow:

If the Tasters could not tell the difference between the milks or said they liked the taste of fat free:

- *Suggest that they switch to fat free milk. It has all the vitamins and calcium of whole or 2% milk without all the fat.*

If the Taster likes the taste of lowfat milk:

- *Point out that lowfat and fat free milk are the only lowfat milks. The low fat claim on reduced fat (2%) milk is deceptive. 2% milk does not meet the government’s definition of low fat. Congress gave 2% milk a special exemption from the food labeling law.*
- *Suggest that they switch to lowfat milk. It is much lower in calories and saturated fat than whole or 2% milk. Note: Fat free milk is even better. Lowfat milk still gets 20% of its calories from fat, while fat free milk has no fat.*

For those concerned about weight:

- *Point out that whole milk has 160 calories and fat free milk has 90.*

If the Taster only likes reduced fat (2%) or whole milk.

- *Use the food label to point out that 1 cup of whole milk has ¼ the daily budget for saturated fat, and saturated fat is a major contributor to heart disease.*

- *Recommend that they gradually work their way down by first switching to reduced fat (2%) milk for 2-3 weeks. Once they become used to reduced fat (2%) milk, then they should switch to lowfat milk.*

If the Taster already drinks fat free milk:

- *Congratulate him for doing his heart a favor and encourage him to keep up the good work.*
- *Suggest that he try to get other family members over the age of two years to try fat free milk if they are not already drinking it.*

9) If Taster agrees to change to lowfat or fat free or continue to drink lowfat or fat free milk, the volunteer should mark the box.

10) Volunteers should carefully clean up the testing site.

## Taste Test Preparation Sheet Volunteer 1

Taster #	Sample A	Sample B	Sample C	Sample D
1	Fat Free	Reduced Fat (2%)	Lowfat (1%)	Whole
2	Reduced Fat (2%)	Lowfat (1%)	Whole	Fat Free
3	Whole	Lowfat (1%)	Reduced Fat (2%)	Fat Free
4	Lowfat 1%	Reduced Fat (2%)	Fat Free	Whole
5	Whole	Fat Free	Lowfat (1%)	Reduced Fat (2%)
6	Reduced Fat (2%)	Lowfat (1%)	Whole	Fat Free
7	Fat Free	Lowfat (1%)	Reduced Fat (2%)	Whole
8	Lowfat (1%)	Reduced Fat (2%)	Whole	Fat Free
9	Reduced Fat (2%)	Whole	Fat Free	Lowfat (1%)
10	Lowfat (1%)	Fat Free	Reduced Fat (2%)	Whole
11	Fat Free	Whole	Lowfat (1%)	Reduced Fat (2%)
12	Whole	Reduced Fat (2%)	Lowfat (1%)	Fat Free
13	Reduced Fat (2%)	Whole	Fat Free	Lowfat (1%)
14	Whole	Reduced Fat (2%)	Lowfat (1%)	Fat Free
15	Lowfat (1%)	Whole	Fat Free	Reduced Fat (2%)
16	Fat Free	Reduced Fat (2%)	Lowfat (1%)	Whole
17	Fat Free	Whole	Lowfat (1%)	Reduced Fat (2%)
18	Whole	Lowfat (1%)	Reduced Fat (2%)	Fat Free
19	Lowfat (1%)	Fat Free	Whole	Reduced Fat (2%)
20	Fat Free	Reduced Fat (2%)	Whole	Lowfat (1%)

## Taste Test Response Data Sheet Volunteer 2

Taster #: \_\_\_\_\_ Age of Taster: \_\_\_\_\_

Milk Taster Usually Drinks:  Fat Free    Lowfat (1%)    Reduced Fat (2%)    Whole  
 How often?    Daily    Weekly    Monthly    Never

Sample A	Sample B	Sample C	Sample D
<input type="checkbox"/> I Liked This Sample  <input type="checkbox"/> I Disliked This Sample  I think this sample was: <input type="checkbox"/> Fat Free (skim) <input type="checkbox"/> Lowfat (1%) <input type="checkbox"/> Reduced Fat (2%) <input type="checkbox"/> Whole  Comments:	<input type="checkbox"/> I Liked This Sample  <input type="checkbox"/> I Disliked This Sample  I think this sample was: <input type="checkbox"/> Fat Free (skim) <input type="checkbox"/> Lowfat (1%) <input type="checkbox"/> Reduced Fat (2%) <input type="checkbox"/> Whole  Comments:	<input type="checkbox"/> I Liked This Sample  <input type="checkbox"/> I Disliked This Sample  I think this sample was: <input type="checkbox"/> Fat Free (skim) <input type="checkbox"/> Lowfat (1%) <input type="checkbox"/> Reduced Fat (2%) <input type="checkbox"/> Whole  Comments:	<input type="checkbox"/> I Liked This Sample  <input type="checkbox"/> I Disliked This Sample  I think this sample was: <input type="checkbox"/> Fat Free (skim) <input type="checkbox"/> Lowfat (1%) <input type="checkbox"/> Reduced Fat (2%) <input type="checkbox"/> Whole  Comments:

Milk Taster Agrees to Try to Switch or Continue Using Lowfat or Fat Free.