

Activity: Taste Test Panel

Equipment needed: either sectioned plates or small cups

Pens or pencils

Marker

Scoring sheets

Food items

Plastic utensils

This has turned into a fun activity. 2 times a month our cook makes 3 different items from the same category, ie: orange juice, desserts, sandwiches, breakfast, soups, etc for the residents to taste and vote on.

We announce what we will be tasting on the calendar (Taste Test Panel/OJ). I use either sectioned paper plates or, in the case of OJ, med pass cups, and letter them A, B, and C. Then the cook makes 3 different items. This week we tasted 3 different kinds of OJ that are available from our food wholesaler. The cups were lettered. The cook made and poured each kind of juice into the cups. The residents were given a "score" sheet to rate their juices on. The score sheet says:

Taste Test

A	Yummy	OK	Icky
B	Yummy	OK	Icky
C	Yummy	OK	Icky
Comments _____			

I get 4 of these on a piece of paper.

This way the resident does not have to write much they only have to circle one. When we are done the cook takes and tabulates the results. The winner is the kind of OJ she is going to purchase.

When we tasted Breakfast she made 3 different kinds of new breakfast items. They were put on sectioned plates with each section lettered. There were 2 that were liked so those are going to be added to the breakfast menu. This has turned into a fun activity that everyone can participate in. If we are trying something new we say it is not a contest, you can like all three items. In the case of the OJ we wanted a winner.

I have a volunteer that comes and sits with the residents and helps pass things out and helps them do their scoring. The best part of this is they feel like they have some say in what is going to be served to them.

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