



Everything You Need to Know!

Moroccan Freekeh – February 2018

[pronounced *free-kah*]

Thank you for helping out with a True Food Taste Test! Three times each year we conduct taste tests of fresh, healthy, flavorful recipes at over 40 MPS schools. *18,000 students get to taste each time!*

GOALS: The goals of the taste test are to get kids excited to try something new and encourage them to think critically about the texture, flavor and composition of a dish (instead of just “LIKE” vs. “DISLIKE”). Students are offered samples in the lunchroom, and those who try a sample get a sticker.

Moroccan Freekeh INGREDIENTS: Freekeh, Carrots, Garbanzo Beans, Spinach, Green Onions, Dressing (Lemon Juice, Canola Oil, Garlic, Salt), Spice Blend (Cumin, Coriander, Cardamom, Black Pepper, Cinnamon, Clove, Nutmeg), Salt.

ALLERGEN INFORMATION: CONTAINS WHEAT Freekeh is a type of wheat. Check with the lunchroom manager to identify students with reported gluten/wheat allergens who should **NOT** have samples. Notify **ALL** students offered samples that the recipe contains wheat, since not all students have allergen information on file with the school.

ABOUT: The recipe was inspired by the Wedge and Linden Hills Co-op—our taste test sponsor. Wedge and Linden Hills Co-op is also a member of our True Food Chef Council, a group of about 20 Minneapolis restaurants that promote and endorse MPS’ commitment scratch cooking, food integrity, local food, and healthy eating. Learn more at http://nutritionservices.mpls.k12.mn.us/true_food_chef_council.



PREPARATION:

1. Introduce yourself to the lunchroom manager and everyone else involved in the taste test! They will give you the food, supplies, trays & containers and show you a clean space for setup.
2. Figure out the details – when will students arrive? How much time will you have between lunch periods to prepare? How many students will there be per lunch period?
3. Everyone must wash hands and put on gloves and a hairnet.
4. Empty the salad into containers or bowls for portioning.
5. Fill the 1oz sample cups all the way and place on trays. You should get approximately 150 servings per bag of freekeh.
6. Place one foldable spoon in each sample. If you run out of spoons, encourage students to use utensils from lunch.

Please don't bug the lunchroom manager while he or she is preparing for/serving lunch! They've got a lot of work to do, and are counting on you to handle the taste tests!



Thank you to our True Food
Taste Test sponsors!





HANDING OUT SAMPLES:

1. Quiet the lunchroom and announce the taste test to get students excited. Sample announcements are in the taste test materials.
2. Hand out samples (everyone's welcome to try!) from a table or by bringing trays around to tables after students are seated. **NOTE: Freekeh does contain gluten-- students with wheat/gluten allergies should not take a sample.**
3. Thank tasters and hand out stickers to those who try samples.
4. **Count how many samples you serve** (for example, by seeing how many cups you start with and how many are left). You will be asked to report sample numbers on the survey emailed afterwards.

ENGAGE STUDENTS:

- Praise students for being adventurous tasters, regardless of whether or not they liked it.
- Get students thinking deeper than just LIKE vs. DISLIKE...
 - What colors do you see in the sample?
 - What flavors did you taste? Sweet? Tangy? Earthy? Spicy?
 - What was the texture like? Mushy? Chewy? Grainy? Smooth?
 - Could you taste the orange? Or the curry? Have you tasted those flavors before?
- Be fun and enthusiastic – it's contagious!
- If you can, gather any feedback students have and jot it down.

NEW NAME CONTEST: Students can brainstorm a new name for the dish. We'll use the winning name when we menu the item next! Record the names on the sheet provided. Email New Name Contest ideas to kate.seybold@mpls.k12.mn.us or send via inter-office mail to Kate Seybold (Culinary Center).

How might you convince a hesitant student to try a sample?

"This is a special taste test challenge! Are you brave enough to try it?"

"Try even just a little bite and you'll get a sticker!"

"Are you going to let other people make up your mind for you? The only way to know if you like it or not is to try it for yourself!"

"Our chefs at the Nutrition Center prepared this special dish and perfected the flavors just for you to taste."

AFTER THE TASTE TEST:

- **Clean up the area well.** Ask the lunchroom manager for sani-wipes or cleaning materials if needed.
- Give all materials and food back to the lunchroom manager.
- Watch for an online survey that we'll email to you afterwards!

FUN FACTS:

- *Freekeh* is a staple in North African cuisine that has a unique roasted flavor.
- Compared to other whole grains, Freekeh is packed full of protein and has more fiber than brown rice and quinoa!
- Discovered in 2300 BCE, Freekeh is an *ancient grain* that originated from Eastern Mediterranean civilizations.

CONTACT: Kate Seybold, kate.seybold@mpls.k12.mn.us, 612-517-5522 (cell)

For more resources, visit <http://nutritionservices.mpls.k12.mn.us/tftt>

Thank you for

your help! Have fun!



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