



Everything You Need to Know!

February 2019

Thank you for helping with our True Food Taste Test! We conduct taste tests of fresh, healthy, flavorful recipes three times each school year at over 40 MPS elementary and middle schools. More than 20,000 students get the opportunity to taste participate during each taste test!

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”). The taste tests are also an opportunity to expose students to new recipes before we add them to our regular menu so that they are familiar with the item when they see it in the lunchroom next!

ABOUT: For this taste test, we will be offering samples of **SUNRISE BREAKFAST GRAIN**, a warm and hearty blend of ancient grains and sweet spices. This recipe is the perfect breakfast item for fueling your body and mind, or simply warming up on a cold winter day!

SUNRISE BREAKFAST GRAIN INGREDIENTS: Sunrise Grain Blend with Quinoa Flakes (*Khorasan bulgur wheat, buckwheat groats, red rice, quinoa flakes, brown flax seed*), brown sugar, cinnamon, cardamom, nutmeg, ginger, salt.

ALLERGEN NOTE: Because this recipe contains wheat, students with reported gluten/wheat allergies should NOT have samples. 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. Also, please note that grains in this dish were processed in a facility that processes soy, dairy, and egg.

PREPARATION:

1. Introduce yourself to the lunchroom manager and everyone else involved in the taste test! The lunchroom manager will give you the food & supplies 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? How much product is there to use?
3. Put on hair net, wash hands, and then put on gloves.
4. Receive trays of **warm** Sunrise Breakfast Grain from lunchroom manager. Ask lunchroom manager to retrieve trays as needed, keep remaining trays warming in ovens.
5. Sunrise Breakfast Grain will be in sealed trays. Remove film, **stir breakfast grain thoroughly** (*the different grains will separate while cooking*).

Please be respectful of the lunchroom manager's time. They have a lot of work to do for lunch, and they are counting on you to handle the taste tests!





6. Fill the sample cups and place on trays. You should get approximately 32 servings per sealed tray.
7. Place one foldable spoon in each sample. If you run out of spoons, encourage students to use utensils from lunch.

HANDING OUT SAMPLES:

1. Hand out samples (everyone's welcome to try!) from a table or by bringing trays around to tables after students are seated. **NOTE: This dish contains gluten-- students with wheat/gluten allergies should not take a sample.**
2. Thank tasters and hand out stickers to those who try samples.
3. **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.

****Before the start of the taste test, consider quieting the lunchroom and announcing the taste test to get students excited. Ask staff if there is a microphone available. Sample announcements are in the taste test materials.**

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 are the different shapes of grain you see? What flavors do you taste? Sweet? Savory? Spicy? What was the texture like? Grainy? Crunchy? Fluffy? Have you ever tasted something similar?* Be fun and enthusiastic – it is contagious! If you can, gather any feedback students have and jot it down.

SUNRISE BREAKFAST TOPPING CONTEST: Ask students to brainstorm what topping(s) they would enjoy with the Sunrise Breakfast Grain. *Is it something sweet? Some kind of fruit? Granola? Or perhaps something more savory? Encourage students to be creative!* MPS Culinary & Wellness Services will use these topping suggestions when adding this dish to our breakfast menu! Record topping suggestions on the sheet provided. Email Sunrise Breakfast Topping ideas to kate.seybold@mpls.k12.mn.us or send via inter-office mail to Kate Seybold (Culinary Center).

AFTER THE TASTE TEST: Give all materials and any leftover food back to the lunchroom manager. Clean up the area well; ask the lunchroom manager for sani-wipes or cleaning materials if needed. Watch for an online survey that we will email to you afterwards!

FUN FACTS:

- Ancient grains are whole grains that have been grown for hundreds of years and have remained largely unchanged over the course of time!
- Sunrise Breakfast Grain is a blend of ancient grains including *Khorasan Bulgar Wheat, Buckwheat, Red Rice, Quinoa, and Flax Seed!*
- Khorasan Bulgar Wheat is thought to have originated in Mesopotamia, a region in Western Asia now belonging to Kuwait, Iraq, Saudi Arabia, Syria, and Turkey. Legends exist of this grain being found in Egyptian tombs!

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

For more resources, visit <http://cws.mpls.k12.mn.us/tfft>

Thank you for your help! Have fun!



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