

Top Five Tips for...

Conducting Successful Taste Tests

from...



Racehl Gomez-Acosta
Wellness Coordinator,
Concordia Charter School

1

Focus on the process over the outcome

Perfecting your taste tests may take time. Try taking baby steps to get to your desired outcome.

2

Ask students for immediate feedback

If students are unsatisfied with an item, ask questions like: "What would you change to make it better?"

3

Empower your students

Provide a narrative to your students empowering them as young chefs, food researchers, or food scientists!

4

Presentation matters!

Students typically eat with their eyes first, so make your taste test samples as visually appealing as possible!

5

Utilize local ingredients whenever possible

Mentioning the use of local ingredients helps build excitement and connections to personal experiences.