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| Faculty of Agricultural and Food Sciences |
| Department of Human Nutritional Sciences |

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| Winnipeg, Manitoba |
| Canada R3T 2N2 |
| Phone: (204) 474-8071 |
| Fax: (204) 474-7593 |

March 1, 2017

Dear Colleague,

We are recruiting volunteers to participate in a research study on the acceptability of vegetable chili and muffins with lentils and peas. This letter explains what your commitment would be. If you have any questions please call me, Donna Ryland at 474-8071 or e-mail donna.ryland@umanitoba.ca.

Approximately 120 participants will take part in one 30 minute session in an individual booth. The dates and times to sign up for the single session are as follows:

On a Tuesday March 14 or 21 or 28 at 11:30, 12:30 or 1:30

On a Wednesday March 15 or 22 or 29 at 11:30, 12:30 or 1:30

On a Thursday March 16 or 23 or 30 at 11:30, 12:30 or 1:30.

A gift card from the University of Manitoba Bookstore for $10.00 will be given to those completing the one-time session. The study will take place on the Fourth Floor in the Human Ecology Building.

A potential risk would be allergic reactions to food products. Completion of the enclosed questionnaire stating known allergies will alert the researcher to possible risk. Respondents with allergies will be notified that unfortunately they will not be allowed to participate in the study due to the potential risk involved. If you are interested in helping us with this research notify Donna at 474-8071 or e-mail donna.ryland@umanitoba.ca to schedule a time to attend the session. Please complete the attached consent form and questionnaire and e-mail them back before the session to confirm your attendance.

We hope that you will be able to take part in this research and look forward to hearing from you. Alternatively, if you know of anyone else that might be interested in participating we would appreciate it if you could forward this information to him or her. Thank you.

Sincerely,

Donna Ryland, MSc

Research Associate for,

Dr. Michel Aliani, Associate Professor

Department of Human Nutritional Sciences



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 **CONSENT FORM**

Project Title: **Consumer Acceptability of Foods made with Lentils and Peas for a Clinical Trial**

Sponsored by: **Agriculture and Agri-Food Canada**

Researchers: Dr. Michel Aliani, Associate Professor, tel: 204-474-8070, E-mail: michel.aliani@umanitoba.ca. and Donna Ryland, Research Associate, tel: 204-474-8071, E-mail: donna.ryland@umanitoba.ca

This consent form, a copy of which will be left with you for your records and reference, is only part of the process of informed consent. It should give you the basic idea of what the research is about and what your participation will involve. If you would like more detail about something mentioned here, or information not included, you should feel free to ask. Please take the time to read this carefully and to understand any accompanying information.

The study is being done to evaluate the acceptability of vegetable chili and cinnamon muffins containing lentils and peas. One test session, approximately 30 minutes long will be held in individual booths and take place on the Fourth Floor of the Human Ecology Building. Participants will be requested to evaluate not more than 8 samples of about 25 to 50 grams each and check the category that best describes how much they like or dislike them in terms of aroma, appearance, flavour, texture, overall acceptability and how often they would eat them. In order to describe our group of volunteers, subjects will also check the appropriate descriptor regarding gender, age and how often pulses are eaten. Participants can withdraw at any time prior to the time when the study ends by notifying the delegate by e-mail, telephone or in person. Should this occur all data gathered will be destroyed immediately.

Possible risk may be allergic reactions to food products eaten. Completion of the accompanying questionnaire will alert the researchers to any potential risk. Respondents with allergies will be notified that unfortunately they will not be allowed to participate in the study due to the potential risk involved. Subjects will learn the research methods applied to sensory evaluation as well as aspects of their own sensory ability. Other benefits include contributing knowledge about what is known about the acceptability of lentil and pea foods used for a clinical trial, and gaining experience in participating in food sensory panels.

All data from experimental sessions as well as personal information provided by the subjects will remain confidential and be stored in a locked cabinet in Room 400F Human Ecology Building. It will be shredded on or before February 15, 2021 (approximately 5 years after ethics approval). Personal data will be accessible to the delegate only. Data published will be given as group means with no individual names given. The researchers intend to publish and present the findings in reports and in academic journals. The University of Manitoba Research Ethics Board(s) and a representative(s) of the University of Manitoba Research Quality Management/Assurance office may also require access to your research records for safety and quality assurance purposes.

A brief summary of the findings of the research will be e-mailed to those requesting it (refer to the end of

the consent form) with the invitation to contact the researchers for more information if required. A gift card from the University of Manitoba Bookstore for $10.00 will be provided for those completing the required session and participants will be asked to sign a form confirming its receipt.

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Your signature on this form indicates that you have understood to your satisfaction the information regarding participation in the research project and agree to participate as a subject. In no way does this waive your legal rights nor release researchers, sponsors, or involved institutions from their legal and professional responsibilities. You are free to withdraw from the study at any time, and/or refrain from answering any questions you prefer to omit, without prejudice or consequence. Your continued participation should be as informed as your initial consent, so you should feel free to ask for clarification or new information throughout your participation. This study is being conducted by Dr. Michel Aliani, Associate Professor, Department of Human Nutritional Sciences, telephone – 204-474-8070, e-mail – michel.aliani@umanitoba.ca.

This research has been approved by the Joint-Faculty Research Board of Ethical Review at the University of Manitoba. If you have any concerns or complaints about this project, you may contact the above-named person or the Human Ethics Coordinator at humanethics@umanitoba.ca or telephone 204-474-7122.

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Participant's Name (Please Print)

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Participant's Signature Date

Telephone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Researcher and/or Delegate's Signature Date

I wish to receive a summary of the research findings:

Please check

\_\_\_\_\_\_\_\_ Yes \_\_\_\_\_\_\_ No

If Yes

By e-mail or ground mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Please Print Your Preferred Address)

Delegate’s contact information:

Donna Ryland, Research Associate

Room 400 Human Ecology Building

Telephone – 204-474-8071

E-mail - donna.ryland@umanitoba.ca

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**Consumer Acceptability of Foods made with Lentils and Peas for a Clinical Trial**

 **Questionnaire**

This information will be kept strictly confidential.

1. Have you participated on sensory evaluation panels before?

 Yes\_\_\_\_ No \_\_\_\_ If yes,

 a) What product(s) did you evaluate?

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 b) Was training part of the evaluation procedure? Yes \_\_\_\_ No \_\_\_\_

If yes, indicate for which product(s).

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2. Are you allergic to any food products? Yes \_\_\_\_ No \_\_\_\_

 If yes, note them below.

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3. Are there any foods specifically, or food flavours and textures generally, that you would prefer not to evaluate?

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Thank you very much for completing this questionnaire.