

July 20, 2023

Dear Colleague,

We are recruiting volunteers to participate in a research study on bread made with yellow pea flour and wheat flour. Participants will learn the research methods applied to measurement of sensory attribute intensities as well as aspects of their own sensory ability. The results will be used in journal articles, reports and at conferences. A potential risk would be allergic reactions to any food or beverage products. Due to this risk people with any food or beverage allergies will be notified by the researcher that they will not be allowed to participate in the study. This letter explains what your commitment would be. If you have any questions in general about the study and/or specifically regarding the consent form please call me, Donna Ryland at 204-474-8071 or e-mail donna.ryland@umanitoba.ca. I will also be available at any time at the sessions throughout the study for questions and more information as required.

Ten to twelve panelists will take part in group sessions (training component) followed by sessions where evaluation is done individually. Training involves group discussion of definitions and techniques for measuring sensory attribute intensities in bread made with yellow pea and wheat flour. Other food products may be used to facilitate the training for identification of the sensory descriptors. There will be 6 to 8 training sessions and three individual experimental sessions held approximately three times a week at 11:30 to 12:15 for a total of 9 to 11 sessions. The first meeting is planned for Wednesday, August 2 when times and dates for future sessions will be confirmed with the group. A physical gift card from the University of Manitoba Bookstore in the amount of \$80.00 will be given as an honorarium at the beginning of the first session. The study will take place on the Fourth Floor in the Human Ecology Building.

Completion of the enclosed questionnaire will confirm that no food allergies exist. If you are interested in helping us with this research notify Donna at 204-474-8071 or e-mail donna.ryland@umanitoba.ca by July 31 if possible. Please read and complete the attached consent form and questionnaire and e-mail them back before the first meeting. If you have any concerns or complaints about this project, you may contact Dr. Michel Aliani (michel.aliანი@umanitoba.ca).

This research has been approved by the Research Ethics Board at the University of Manitoba, Fort Garry campus. If you have any concerns or complaints about this project, you may contact the Human Ethics Coordinator (humanethics@umanitoba.ca; tel: 204-474-7122).

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 them. Thank you.

Sincerely,

Donna Ryland, Research Coordinator

for,

Dr. Michel Aliani, Professor

Department of Food and Human Nutritional Sciences



CONSENT FORM

Research Project Title: Sensory Evaluation of Bread with Yellow Pea Flour – Trained Panel

Sponsored by: National Research Council of Canada (NRC)

Researchers: Dr. Michel Aliani, Professor; Donna Ryland, Research Coordinator, Department of Food and Human Nutritional Sciences

General Information

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 by contacting Donna Ryland at 204-474-8071 or e-mail donna.ryland@umanitoba.ca. I will also be available at any time at the sessions throughout the study for questions and more information as required. Please take the time to read this carefully and to understand any accompanying information.

Risks and Benefits

A potential risk would be allergic reactions to any food or beverage products. Due to this risk people with any food or beverage allergies will be notified by the researcher that they will not be allowed to participate in the study. Completion by participants of the accompanying questionnaire will confirm that no food or beverage allergies exist. As a benefit, participants will learn the research methods applied to sensory evaluation as well as aspects of their own sensory ability. Participants are required to be 18 years of age and older.

Study Purpose and Procedures

The study is being done to evaluate bread made with yellow pea flour and wheat flour. Six to eight training sessions will be conducted where panelists meet as a group to learn the sensory attributes as well as the scale used to measure the intensity of the attributes. No more than ten samples of breads or other foods including yellow pea flours (about 30 to 50 g each) as well as other products useful in defining sensory attributes will be tasted at each session to familiarize panelists with procedures. Three experimental test sessions will be held in individual booths. All sessions will be approximately 45 minutes, three times a week, and take place on the Fourth Floor of the Human Ecology Building. Therefore, the total maximum time commitment will be approximately 8 hours (9 to 11 sessions (6 to 8 training sessions and 3 experimental test sessions) at 45 minutes each) over a 4-to-5-week period.

A physical gift card from the University of Manitoba Bookstore in the amount of \$80.00 will be given as an honorarium at the beginning of the first session. You will be asked to sign a form as confirmation of its receipt.

Confidentiality Concerns and Data Handling

Panelists will be identified by number and all data related to personal information as well as information provided in the training sessions will be kept confidential. Data published will be given as group means with no individual names given. All personal information and results obtained will be kept in a locked cabinet in Room 400F Human Ecology Building for 5 years (March 31, 2028) or until data are published whichever comes first. 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. Access to information linking panelist to number will be limited strictly to the researchers named above. All data will be shredded after the time has expired. Results may be used for journal articles, reports and conference presentations. Requests for results of the study will be distributed approximately two months (October, 2023) after all of the sensory data have been collected to those completing the information at the end of this form.

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 during the scheduled data collection sessions by giving notice either verbally or in writing to the researcher named below, and/or refrain from answering any questions you prefer to omit, without prejudice or consequence. Data will not be used from those withdrawing before the end of the scheduled sessions. Withdrawal will not be granted after the end of the 3 experimental sessions about 5 weeks from the start of the sessions, at which time all data will be maintained by the researchers and disposed of as noted in the previous paragraph. 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. The University of Manitoba may look at your research records to see that the research is being done in a safe and proper way. If you have any concerns or complaints about this project, you may contact Dr. Michel Aliani, Department of Food and Human Nutritional Sciences, e-mail – michel.aliანი@umanitoba.ca.

This research has been approved by the Research Ethics Board at the University of Manitoba Fort Garry campus. If you have any concerns or complaints about this project, you may contact the Human Ethics Coordinator (humanethics@umanitoba.ca) at 204-474-7122.

Participant's Name (Please Print) _____

Participant's Signature _____ Date _____

Telephone Number _____ E-mail Address _____

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)

Panelist Number _____

Delegate's contact information:

Donna Ryland, Research Coordinator
Room 400 Human Ecology Building
Telephone – 204-474-8071
E-mail – donna.ryland@umanitoba.ca



This information will be kept strictly confidential.

Panelist # _____

1. Are you allergic to any food or beverage products? Yes _____ No _____

If yes, note them below.

2. Have you participated on sensory evaluation panels before?

Yes _____ No _____ If yes,

a) What product(s) did you evaluate?

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

If yes, indicate for which product(s).

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

Thank you very much for completing this questionnaire.