

Winnipeg MB R3T 2N2

Tel 204-474-8071

donna.ryland@umanitoba.ca

Faculty of Agricultural and Food Sciences

Food and Human Nutritional Sciences

October 10, 2023

Dear Colleague,

We are recruiting volunteers to participate in a research study on the acceptability of bread made with yellow pea flour and wheat flour. You would have the opportunity to learn a research method for collecting data regarding consumer acceptability of a food product. 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 email 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.

Approximately 100 panelists will take part in the study. Participants will attend one 30-minute session held at a scheduled time on Tuesday, Wednesday, or Thursday during the weeks of September 25, October 2 or October 9 at 11:30, 12:00, 12:30, 1:00 or 1:30 **in addition to Tuesday and Wednesday October 17 and 18 at the same times**. Participants will be requested to smell/taste the bread samples and determine how much they like or dislike them in terms of appearance, aroma, flavour, texture, and overall acceptability. Other details regarding the commitment are provided in the attached consent form. A physical gift card from the University of Manitoba Bookstore in the amount of $10.00 will be given as an honorarium at the beginning of the single 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 or beverage 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 to schedule a time for the session. Please complete the attached consent form and questionnaire and return them by e-mail to confirm attendance. If you have any concerns or complaints about this project, you may contact Dr. Michel Aliani (Michel.aliani@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, MSc

for,

Dr. Michel Aliani, Professor

Department of Food and Human Nutritional Sciences



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**CONSENT FORM**

Research Project Title: **Sensory Evaluation of Bread with Yellow Pea Flour – Acceptability**

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.

**Study Purpose and Procedures**

The study is being done to determine the acceptability of bread made with yellow pea flour and wheat flour. 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 not be allowed to participate and will be notified by the researcher. 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. They will be requested to observe, smell and taste as much as they want of not more than five bread samples each containing about 30 to 50 grams. They will be asked how much they like/dislike the appearance, aroma, flavour and texture as well as acceptability overall and frequency of eating the sample. Responses will be indicated by checking the appropriate descriptor on a category scale. Questions regarding gender, age and frequency of eating whole yellow pea or yellow pea flour as the main ingredient in a food product will also be asked. Participants will attend one 30-minute session held at a scheduled time on Tuesday, Wednesday or Thursday during the weeks of September 25, October 2 or October 9 at 11:30, 12:00, 12:30, 1:00 or 1:30 **in addition to Tuesday and Wednesday October 17 and 18 at the same times**. A physical gift card from the University of Manitoba Bookstore in the amount of $10.00 will be given as an honorarium at the beginning of the single session. You will be asked to sign a form as confirmation of its receipt. The study will take place on the Fourth Floor in the Human Ecology Building.

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**Confidentiality Concerns and Data Handling**

The questionnaires will be numbered to keep track of the number of participants that have completed them but no names will be associated with the number. Data published will be given as group means or frequencies with no individual names given. All data related to personal information 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. 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 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 session 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 last possible date of the scheduled study sessions which will be approximately 4 weeks from the beginning of the study, 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. If you have any concerns or complaints about this project, you may contact Dr. Michel Aliani, Professor, Department of Food and Human Nutritional Sciences, e-mail – michel.aliani@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\_\_\_\_\_\_\_\_\_\_\_\_\_

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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 Coordinator

Room 400 Human Ecology Building

Telephone – 204-474-8071

E-mail – donna.ryland@umanitoba.ca

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**Questionnaire – Sensory Evaluation of Bread Made with Yellow Pea Flour - Acceptability**



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This information will be kept strictly confidential.

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

If yes, note them below.

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2. 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).

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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.