

TEACHER RESOURCE GUIDE

Prepared by the National Kidney Foundation of Michigan



This guide was created to help teachers continue bringing fun, hands-on food experiences into the classroom while also helping reduce food waste from the Fresh Fruit and Vegetable Program. In-classroom tastings are designed to encourage students to explore new fruits and vegetables through tasting, discussion, and discovery.

WHEN TO DO A TASTE TEST:

- Science lesson
- Math lesson
- Reading lesson, if tasting follows the book you are reading to the class
- Life Skills lesson
- During school announcements (if the school leads a school-wide taste testing)
- Open time during the school day
- Weekly/monthly tasting (New Food Friday or Try-It Tuesdays)

BEFORE THE TASTE TEST:

- Review safe food handling practices and school policy
- Review school food waste policy
- Create a compost activity for a science lesson or through your school garden
- Review the tasting recipe and activity
- Gather and prepare supplies

DURING THE TASTE TEST:

Create a positive and safe taste-testing environment. For example, you can say the following:

“Today we are going to be adventurous eaters and use our senses to learn about a new fruit/vegetable.”

Discuss the five senses - seeing, hearing, touching, smelling, tasting - and how they can use one, some, or all of them to explore the food.

While preparing for the taste test, discuss the importance of hand washing. If sink is in the classroom, show students how to wash their hands. If there is no sink, use hand sanitizer and show students that you must rub your hands together for 20 seconds, until your hands are dry.

Depending on the age of the students, you can have them help with preparing and handling supplies.

Set Clear Guidelines. Instruct students to wait to taste their sample until they are told start tasting. Encourage them to be polite by saying things like:

“What do you say when you try a new food that you really like?”

“What do you say when you try a new food that you do not like?”

“If you do not like the taste of the produce, don’t yuck someone else yum.”

Encourage students to describe why they don’t like the taste. Show students polite ways to discard remaining samples they don’t like after tasting. One way is by placing the remaining samples in their napkin and dispose of in the trash or composting bin (if school has one).

Once ready, direct students to taste the sample(s). Encourage them to use their senses by asking the following questions:

“How would you describe the taste?”

“How would you describe how it looks?”

“What color is it? Does it have skin? Can you eat the skin?”

“How does it feel? Is it hard? Is it cold? Is it squishy?”

“How would you describe the smell?”

“Have you eaten this before? Have you seen it or eaten in the cafeteria? Have you eaten it at home?”

“Have you seen it in a garden?”

AFTER THE TASTE TEST:

Show the students the whole produce. Lead a discussion on describing the produce using the five senses. For further interaction, you can share fun facts about the item, which can be found in the following websites:

- MSUE Michigan Fresh Vegetable Facts - bit.ly/veggie-facts
- MSUE Michigan Fresh Fruit Facts - bit.ly/fruity-facts
- Michigan Agriculture Fact & Figure - bit.ly/MI-Agriculture-Facts
- Pure Michigan 20 Agriculture Facts - bit.ly/DYK-MI-Produce

Rate the Taste Test Activity

With quiet hands, students can interactively show how they liked the food.



I like it.



It’s okay.



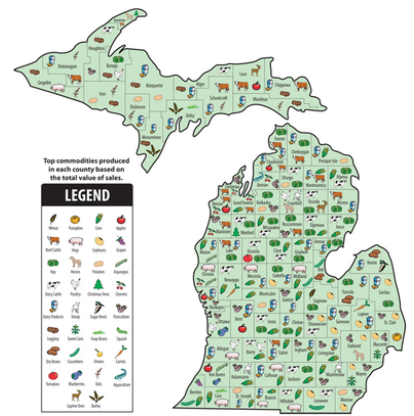
No thank you / Not my favorite.

You can also use a taste test score sheet. You can make your own or find samples using the following websites:

- FNS Food Tasting Event Resources - bit.ly/FNS-Tasting-Resources
- Teachers Help Teachers website
- Pinterest

TIPS FOR SUCCESSFUL CLASSROOM TASTE TESTS:

Use a local map to explore where the produce comes from. Visit MSUE Michigan Fresh at bit.ly/MI-Produce-Guide for produce availability guides.



Invite a farmer to bring his or her local produce to class and discuss how it was grown.

- Find a Farmer - michiganfarmfun.com or miagclassroom.org.
- Live Virtual Farm Tours - virtualfarmtrips.com
- Prerecorded Farm Tours -
 - bit.ly/Virtual-Farm-Visits-YouTube
 - bit.ly/MI-Apple-Farm-Tour
 - bit.ly/NMI-Farm-Tour

Take students to the school garden to see how the produce grows.

Read stories about fruits and vegetables. Examples include:

- Carla's Sandwich by Debbie Herman
- Chicks and Salsa by Aaron Reynolds
- I Will Not Ever Eat a Tomato by Lauren Child
- Pick Pull Snap by Lola Shafter
- The Little Pea by Amy Krouse Rosenthal
- Carrot Soup by John Segal
- Eating the Alphabet Fruits and Vegetables from A to Z by Lois Ehlert
- Pancakes to Parathas: Breakfast around the world by Alice B. McGinty
- Tops to Bottoms by Janet Stevens

Share where the items were purchased at.

- *Nutrition Educator note: Students are always curious about where to find the ingredients at their local grocery store, so please share where you purchase any additional ingredients at and what aisle its down, as well.*

Choose tastings with little to no prep like:

- Hummus/Dip and Veggies from the "The Fresh Fruit and Vegetable Program (FFVP)"
- Fruit from the "The Fresh Fruit and Vegetable Program (FFVP)"
- Wowbutter

ADDITIONAL RESOURCES

- Mitten Eats - mitteneats.org/recipes
- SNAP-Ed Recipes - bit.ly/SNAP-Resources
- Nutrition Education Recipes & More - bit.ly/Gleaners-Recipes
- Michigan Fresh Recipes - bit.ly/MI-Fresh-Recipes
- National Kidney Foundation of Michigan - [NKFM.org](https://www.nkfm.org)



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