

Appendix E: Taste Testing Activities

Lessons 1, 3, 4, 5, and 6 include taste testing activities. If you choose to conduct a taste test, here are some things you may consider doing before, during, and after the activity.

Before the Taste Test:

Review these polite food taster tips with your students:

- Polite food tasters wait until everyone else has received their food before they start eating.
- Polite food tasters do not make faces or express their dislike loudly. They know that they may not like a food this time, but may like it next time. Sometimes, foods taste different when prepared different ways.
- Polite food tasters can share how they feel about a food by voting at the end of the taste test.

During the Taste Test:

- Taste the food with your students! Remember to also be a polite food taster (see above).

After the Taste Test:

Give each student a chance to vote by selecting if they “Did not try” the food, “tried it,” “liked it,” or “loved it.” Here are some ideas for ways students can vote:

Vote By Bean

1. Using 4 paper cups, write “Did Not Try,” “Tried It,” “Liked It,” and “Loved It.”
2. Give each student one object to vote with, such as a dried bean.
3. Ask each student to think about the food they tried. Then, have them put the object in one of the cups.
4. As a group, count how many objects are in each cup. Discuss which one has the most votes.

Vote By Smiley Face or Sticker

1. Prepare chart paper with a column for each category - “Did Not Try,” “Tried It,” “Liked It,” and “Loved It.”
2. Have students help you create a graph to show the results by having them draw a smiley face or place a sticker under the category they are voting for.
3. As a group, count how many objects are in each column. Discuss which one has the most votes.

Food Safety



Participants must follow these steps:

- **Handwashing:** Wash hands using soap and water, scrub and lather for 20 seconds, rinse under running water, and dry using a clean paper towel.
- **Surfaces:** Wash all tables, utensils, cutting boards, etc. with hot, soapy water. Wipe up spills immediately.
- **Fruits and Vegetables:** Rinse produce thoroughly under running water before eating. Precut items labeled “prewashed” and “ready-to-eat,” like lettuce or baby carrots, can be eaten without further rinsing.

Important Food Allergy and Disability Reminder

Remember to:

- Work with parents/caregivers, the school nurse, the Section 504 Coordinator, and/or Nutrition Services Director to make reasonable modifications to any recipes or food items suggested in these activities to accommodate requests related to food allergies or a disability in your classroom or school.
- Always follow your school and individual student’s food allergy plan and individualized education program or 508 plan that includes information about a necessary meal modification due to a disability.

