

Conduct TASTE TESTS

Taste tests allow kids to get excited about new foods. They can try different items, provide feedback, and ask questions. They are a fun and easy way to expose kids to foods they might not normally try or even have access to. You can also use taste tests as a way to involve kids in selecting foods for meals and snacks.

To get started, contact the kitchen coordinator or whoever selects, purchases, and prepares food for snacks and meals at your program. Questions to explore together include:

WHAT IS THE PURPOSE OF A TASTE TEST? Is it to expose kids to new fruits and veggies? To promote unpopular snack items? To highlight locally sourced food items?

- What will the taste test item(s) or recipe(s) be?
- How will taste test items be purchased and paid for?
- Who will prepare the taste test items?
- Where and when will the taste test be held?
- Are there student food allergies to be aware of?

Coordinate volunteers, if needed.

Consider the size of your program—can you facilitate a taste test on your own or do you need some extra hands to pass out samples?

Once you have hammered out some details, consider how you will set up. There are different ways you can approach offering a taste test:



TASTING TABLE: Have small groups of kids come up individually to a centrally located table to pick up their samples. Have them bring the samples back to their seats or try them right then and there.

SERVE KIDS: Walk around with samples and serve tables individually.

Hear the kids' voices:

Give kids specific options for their voting:

- Loved it, Liked it, Tried it OR I like it, It was OK, and No Thanks.
- Visuals work well for younger students who can't read: Thumbs Up, Thumbs in the Middle, Thumbs Down OR Smiley Faces.