

FRESH FRUIT AND VEGETABLE PROGRAM:

TASTING LESSON

Make FFVP snack time count with just a few minutes of classroom time! Promote healthy and adventurous eating habits by encouraging students to think critically about food (beyond whether they LIKE or DISLIKE it) and learning together about the fruit or vegetable that you're eating.

- **Part 1: Wash Hands/Sanitize**
- **Part 2: General Fruit/Veggie Information**
 - As a class or in groups, think about:
 - Where did they originate?
 - Where do they grow today?
 - How are they eaten or used in cooking?
 - What nutritional value do they have?
- **Part 3: Sensory Tasting**
 - Executive Chef: select one student to be the Executive Chef (may wear a chef's hat or apron) for the day to hand out the produce since students are more likely to try something given to them by a peer.
 - Initial observations: have students look at food and make observations about what the food looks like (Does it resemble other food items? Can they predict what it will taste like?)
 - Tasting: have students try the food together, then have students share one word that describes the food (preferably one that someone else hasn't already shared). This word can describe what the food tastes, smells, feels, sounds, or looks like. The word should not describe how they feel about the food item and whether they like it or not.
 - Ex: sweet, sour, flavorful, salty, vibrant, strong, mild, earthy, sharp, crisp, squishy, zesty, ripe, fragrant, firm, colorful, tangy, acidic, crunchy, bitter, refreshing, delectable, tough, smooth, tender, spicy, etc.
 - Acquiring tastes: talk about how taste buds and taste preferences are ALWAYS changing. What students like today might not be what you like when you are older. Encourage students to always try things more than once, because it might take several times to acquire a specific taste for something.
- **Part 4: Clean-up**
 - Involve all students to put waste in trash, wipe down tables, pick up floor
- **Part 3: Additional Activities for Students**
 - Plan a meal using the featured item
 - Draw a picture of their dream garden, with favorite fruits and veggies
 - Keep a chart of foods and get a sticker if they brought home the chart and told their parents about it
 - Write two rhyming sentences describing the food item
 - Draw a positive advertisement for the food item
 - Do a fun dance involving the food
 - Form the ____; Peel the _____
 - Corn: Pop the Corn (Jump up with arms and legs extended)
 - Banana: Go Bananas (Dance around crazily)
 - Mango: Do the Tango (Dance with hips moving side to side)
 - Orange: Squeeze the Orange (Hug yourself or a friend)
 - Avocado: Guac-a-mole! (Pretend to make Guacamole or dance)



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