

Taste Test Mystery...Fruit & Vegetable

Supplies for Demo Table

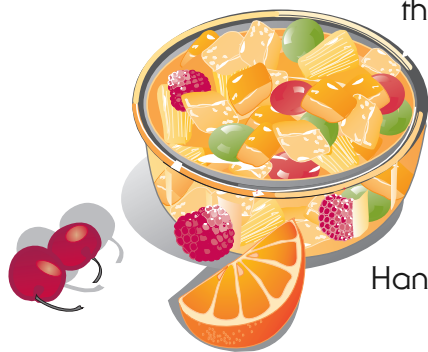
- Table and chair
- Table covering
- Signs
- Portion cups
- Utensils for serving, tray
- Fruit/Vegetable for taste testing, cut in portions
- Fruit/vegetable for taste testing, whole or cut in half
- Stickers
- Clipboard with paper and pen
- Waste container

Procedures

Place table in cafeteria during lunch service, or school event (health fair, science fair, parent teacher conferences).

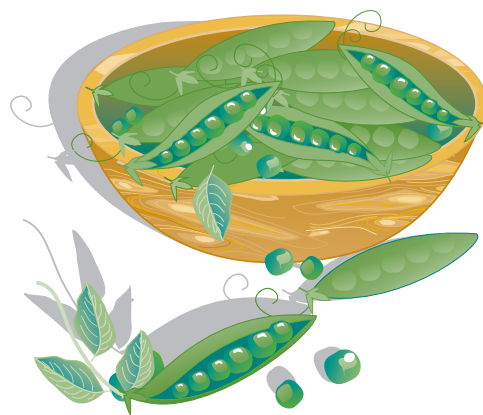
Arrange a display with whole and/or cut fruit/vegetables, signs and any other information to be shared (menus, nutritional analysis, recipes).

Place food items into portion cups on tray. Encourage students and others to take samples as they wait or walk by. (Students like this — it is like the "Sample Person" at the grocery store)



Ask for feedback on items. This is also a good way to get other potential ideas for future menu items. Write down feedback, comments or tally responses.

Hand out stickers, or any other items such as menus or pamphlets.



Advertising Ideas

Starting a week prior to the taste test, start advertising that the contest will be "Coming Soon."

You can conduct a "Mystery Fruit/Veggie" and have them guess what the item will be. Use a picture, cut it into several pieces and replace on piece each day until the whole picture is revealed. You can also give clues each day and have student guess what it will be. The voting can take place using the "Yes" and "No" ballot box.

If schools have video monitor, pictures can shown advertising the contest.

Announcements can be made on the public address systems at the schools encouraging participation.

Taste Test-Small Group

Supplies for small group taste test

- Fruit or vegetable to taste, cut in portions
- Fruit or vegetable to taste, whole or cut in half
- Individual portion cups
- Serving utensils, trays
- Surveys (see below)
- Pencils, crayons or markers
- Stickers

Procedures

Rearrange for a select group of children and space for taste test to take place. A classroom or cafeteria after lunch is a good place.

DAY OF EVENT: Pre-cut or dish the fruit or vegetable to be tasted and place on a tray.









1. When the children arrive, seat them and then explain that you will be giving them samples of a fruit/vegetable and would like to know what they think. Let them know that they can help decide what goes on the menu!
 2. Pass out the survey and writing utensil.
 3. Pass out the item to taste. Tell them to take a taste, think about it and then fill out the survey. If they would like more, you can allow them to taste another sample.
 4. Show them the whole or cut up fruit and explain a little about it. You can ask if they have ever seen one in a store or at home. If it is familiar to them, ask them how they have eaten it or seen it prepared.
 5. As they turn in the survey, hand out a sticker and thank them for helping choose the fruit or vegetable for the menu!
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Survey Samples:

Circle your answer —

How did you like the taste?	Great	Good	OK	Bad
How did you like the way it looks?	Great	Good	OK	Bad
How do you like the way it feels?	Great	Good	OK	Bad

Circle your answer —

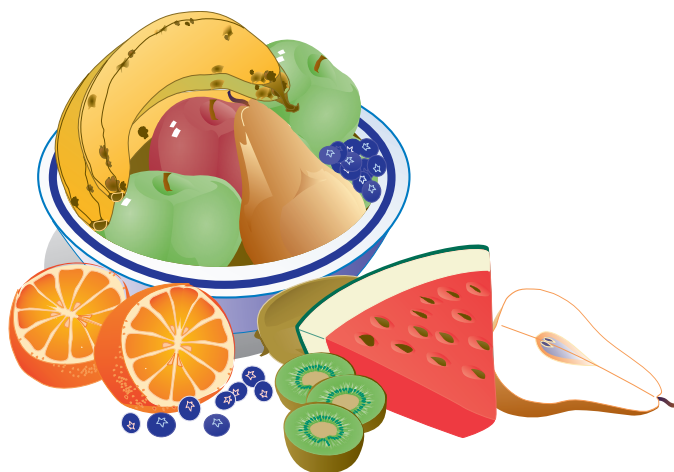
The taste is:			
The look is:			
The feel is:			

Taste Test-Large Group

Supplies for Large Group

A taste test can be done comparing 2-4 different types of fruit/vegetables or just on item can be taste tested.

- Fruit/vegetable to be tested, portion cut
 - Fruit/vegetable to be tested, whole or cut in half
 - Small table
 - Tablecloth
 - Serving utensils
 - Signs advertising taste test
 - Tickets and ballot boxes
- or*
- Surveys, crayons and basket to hold each



Procedures

WEEK PRIOR TO EVENT: Post signs in the cafeteria informing students of a new item to be "Taste Tested."

DAY OF EVENT: Put fruit/vegetable on serving line, encourage children to "give it a try" as they go through line.

1. If using **ballot box(es)**, place on a table with signs and a sample of the whole or halved fruit/vegetable(s) on display. Arrange to make it attractive and appealing, using one ballot box with per food item, or if testing only one item place a "Yes" and a "No" box out.
 - Give a ticket to each student that takes a sample.
 - Tell them to place it in the box of the item they like best **or**
 - Tell them to place in "yes" box if they like it or "no" box if they do not like it.
 - Count ballots in each of the boxes to determine the winner. If district wide, each school can report to a central location on the "Winner" at their school.
2. If using **surveys**, place a table in the corner of the cafeteria with signs and a sample of the whole or halved fruit/vegetable(s) on display. Arrange to make it attractive and appealing. Place a basket to collect finished surveys on the table, and a basket to collect crayons. Make sure baskets are labeled-pictures work best.
 - Hand out surveys and crayons to students that take a sample.
 - Tell them to taste and decide which they like, or if it is a "Yes" or "No."
 - Tally surveys to determine the winner. If district wide, each school can report to a central location on the "Winner" at their school.