



Helpful Tips for Fruit and Vegetable Tastings

Hand Washing

Washing hands properly will remove nearly all the germs that get on your hands during the course of daily activities.

Antibacterial hand sanitizer is not a replacement for hand washing, and may not be effective if you have soil on your hands.

- Wet your hands with clean warm water
- Apply soap
- Rub your hands together vigorously and scrub all surfaces
- Scrub for 20 seconds-sing a,b,c's
- Rinse with clean water

Make sure students wash their hands or use hand sanitizer prior to any cooking and eating activities to ensure proper sanitation.

Preparing Samples

- Rinse fresh fruits and vegetables under clean running water before eating or cutting.
- Use a colander inside a bowl when washing them, so that they do not come into contact with the classroom sink. Use clean cool running water.
- All fruits and vegetables are perishable once cut, so should be used as soon as possible or refrigerated.
- Refrigerate cut produce within two hours.
- If students are helping with preparation, ensure that they are properly supervised.

Tasting Tips

Encourage students to use all five senses while exploring and tasting the fruits or vegetables. Ask questions about size, shape, and color. Model the use of descriptive language. Give examples.

Ask questions that allow children to choose from opposites or answer with "yes" or "no." "Is it wet or is it dry?" "Is it smooth or is it bumpy?" Do not ask, "What does it taste like?" Instead, ask, "Who thinks it tastes sweet?" "Raise your hand if you think it tastes sour." Give examples of foods and flavors. Children in 2nd/3rd grades may not be able to answer with sweet, sour, bitter, or salty, although they may be able to discern these flavors when given examples.

It is important that students be able to choose whether to eat the food or not and be allowed to practice using their senses. Acknowledge their likes and dislikes by noting that all people are different and comment on differences in an accepting manner. It is important not to praise children who like a fruit or vegetable more than those who dislike it.

Choice and personal preferences are an important part of tasting lessons. Tasting foods is always voluntary. Requiring children to taste new foods may make them resistant to eating a variety of foods.

