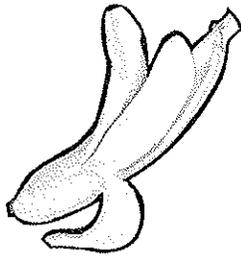




Fruit and Veggie Cooking and Tasting

Activity	What You Need	What You Do
Fruit and Veggie Meal Planning	<ul style="list-style-type: none"> • Pictures of fruits and veggies • Food models • Plastic or paper plates and cups 	Encourage children to plan meals that include fruits and veggies.
Make Ants on a Log	<ul style="list-style-type: none"> • Celery • Peanut butter • Raisins • Plastic knives for children to spread peanut butter 	Stuff celery with peanut butter and dot with raisins. Have an adult scoop the peanut butter out onto wax paper to keep children's hands out of the jar.
Make Citrus Juice	<ul style="list-style-type: none"> • Citrus fruit of choice (lemons, limes, oranges, grapefruits) • Fruit juicer • Knife for teacher's use 	Squeeze citrus fruits. Look at seeds, drink the juice and talk about the taste. Each child must prepare his/her own.
Friendship Salad	<ul style="list-style-type: none"> • Each child brings in a piece of fruit • Knife for teacher's use • Large bowl • Small paper bowls • Spoons 	Discuss the fruits, cut in pieces and put together to make a Friendship Salad.
Banana Crunch	<ul style="list-style-type: none"> • Bananas • Orange juice • Granola or crunchy cereal • Knife for teachers use • Individual bowl • Paper plates 	Cut bananas in slices. Dip in orange juice and granola or cereal. Eat and enjoy. Be sure each child eats only his/her own creation.
Stuffed Cherry Tomatoes	<ul style="list-style-type: none"> • Cherry tomatoes • Small scoop or spoon • Stuffing of choice - cottage cheese, egg salad, yogurt dip, salad dressing • Plastic spoons and paper plates 	Teacher scoops out hole in well-washed tomatoes. Each child puts in the stuffing.
Fruit Smoothies	<ul style="list-style-type: none"> • Fresh, frozen or canned fruit of choice. • Vanilla yogurt • Apple juice • Blender • Cups 	Mix all ingredients in a blender. Pour into small paper cups for tasting.
Compare Textures	<ul style="list-style-type: none"> • Raw, diced carrots • Cooked, diced carrots • Paper plates 	Present the two textures of carrots for the children to explore, touch and taste. Talk about how the same food can be prepared in different ways. Ask the children to volunteer other ways they might eat carrots.



Fruit and Veggie Taste Testing

Often just one taste is enough to encourage someone to be a lifetime consumer of a fruit or veggie. Taste tests in classrooms or school cafeterias can be a simple way to introduce students and staff to new fruits and veggies. If you plan to hold a taste testing of new fruits and veggies, **please send a note home with students the week before a taste test is planned to avoid potential problems for children with allergies.**

Key Elements

- ◆ Capture the attention of students, teachers and staff
- ◆ Use colorful signs and have the servers wear colorful aprons
- ◆ Use simple messages - see below for quick themes and suggested activities
- ◆ Choose a location where students and staff can easily stop, sample and talk to the servers
- ◆ Give something to take home (recipes, tip cards or fruit and veggie promotional items)

Tips

- ◆ Consider the time of day/week/year when planning - offer seasonal produce
- ◆ Arrange the taste test during a time that fits best in the school day
- ◆ Decide on a memorable message and communicate it to every taster
- ◆ Show students and staff something new and different
- ◆ Tie it into a promotion in the cafeteria (such as a fruit or veggie of the week)
- ◆ Use the chart on the back to capture students' opinions

Supplies: serving dishes and utensils, napkins and toothpicks

Common Sense

- ◆ If experimenting with exotic fruits and veggies, always sample them yourself first
- ◆ Never leave the samples unattended
- ◆ Have individual servings so that tasters don't "double dip"
- ◆ Serve the food yourself; don't let tasters help themselves
- ◆ Be careful with electricity and cords
- ◆ Maintain cleanliness and proper sanitation

Quick and simple messages to encourage tasting

Message	Suggested Activity
Drink 100% juice at breakfast for a quick and tasty serving of fruit	Sample a variety of 100% fruit or veggie juices
Try a new fruit or veggie in your salad	Sample a variety of new and different salad ingredients with low-fat dressings
Enjoy a healthy snack of fruits or veggies	Sample dried fruits, applesauce, cut veggies with low-fat dip or dressing, exotic fruits (kiwi) and new types of canned fruit
When you want something sweet for dessert, try fruit - it's naturally sweet	Sample fresh, canned or frozen fruit served with low-fat frozen yogurt or angel food cake

Fruit and Veggie Taste Testing

Name _____

Date _____

Fruit or veggie to taste	I tasted it	What did I think of it	I will not taste it now