

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?

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**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?**

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**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.