

Conduct Taste Tests

5 or more
fruits &
vegetables
every day

Taste tests allow students to get excited about new foods. They can try different items, provide feedback and ask questions. They are a fun and easy way to connect the classroom, community and cafeteria.

TO GET STARTED, CONTACT THE SCHOOL NUTRITION DIRECTOR. QUESTIONS TO EXPLORE TOGETHER INCLUDE:

- What is the purpose of a taste test? Is it to expose students to new fruits and veggies? To promote unpopular lunch items? To highlight locally sourced food items?
- What will the taste test item or recipe be?
- How will taste test items be purchased and paid for?
- Who will prepare the taste test items?
- When and where will the taste test be held?
- Are there student food allergies to be aware of?

COORDINATE VOLUNTEERS, IF NEEDED.

Consider the size of the school where you'll be conducting a taste test. Can you facilitate a taste test there on your own, or do you need some extra hands to pass out samples?

ONCE YOU HAVE HAMMERED OUT SOME DETAILS, CONSIDER HOW YOU WILL SET UP. THERE ARE DIFFERENT WAYS YOU CAN APPROACH A TASTE TEST:

Tasting table: Have classes/grades come up individually to a centrally located table to pick up their sample. Have them bring the sample back to their seat or try it right then and there.

Serve students: Walk around with samples and serve tables individually.

HEAR THE STUDENTS' VOICES

Give students 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.

Let's Move
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Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.

