

## Teacher Taste Testing Process Guide

This is a guide for taste testing and completing the evaluation form.

- The process described below takes about 15 minutes after students have washed their hands or used hand sanitizer.
- The Teacher Taste Testing evaluation can be completed online or manually (by hand on a print out of the questions).
- When completed by hand, if it is possible, please enter results into the website provided by the UC CalFresh educator.

### **Background:**

Children who try new healthy foods and who are willing to try the food again are more likely to choose these foods again!

### **Process:**

1. Check if your students are allergic to any food items.
2. Keep a clean food environment.
  - a. Have students wash their hands or use hand sanitizer. Please remember hand sanitizers do not remove dirt from little hands!
  - b. Wash your hands.
  - c. Use serving utensils or food service gloves.
  - d. Do not let perishable foods sit out longer than 2 hours.
3. Set the tasting environment with a few rules – please word appropriate to your class.
  - a. For example: “Today we are going to focus on our senses to test a food item. Food taste testing is voluntary. We all need to be quiet and listen to our noses and mouths, so please do not talk or make any comments until everyone has tried their food. I’ll then ask you a few questions.”
4. Prepare to record results onto the evaluation form on the back of this page. You can enter this on-line later.

**UC CalFresh Food Tasting Tool – Youth**

Please fill out completely.

Teacher Name: \_\_\_\_\_ County: Fresno \_\_\_\_\_

School: \_\_\_\_\_ Number of students in class today  
(enter number in digits as in 10): \_\_\_\_\_**Grade**

(choose what best fits your class):

- Preschool  
 Kindergarten  
 Grades 1-3  
 Grades 4-6

**Please indicate which nutrition curriculum was used in this class:**

- Go, Glow, Grow       Farm to Fork       Hunger Attack  
 Happy Healthy Me       RAMP       EatFit  
 Nutrition to Grow On       TWIGS       Jump Start  
 Power Play       Dairy Council

Enter the date the food was tasted in class: \_\_\_\_\_

Name the target food tasted in class today by students: \_\_\_\_\_

Is this the first time that you have entered Food Taste Test data for this class during this year?     Yes     No**Which category best describes the target food tasted in class today?**

- Fruit                       Nuts/seeds  
 Vegetable               Beans  
 Milk product           Other protein  
 Grain

**How was the food presented?**

- Raw  
 Cut-up  
 Cooked  
 Paired with other food (*salad, on a cracker*)

Ask the following questions and record results below. Then either enter hand written results into the website or give to your UC CalFresh Program Representative. It may be preferable to ask all of the questions after the students have tried the food. Note: If you are providing more than one food at a tasting, ask the questions about only one food at a time. If time does not allow asking about all foods, ask about the food that is least familiar to the children.

1. Before today's class, how many of you have tasted this food before? (enter number in digits as in 10) \_\_\_\_\_

2. How many students ate (or tasted) the food today? (enter number in digits as in 10) \_\_\_\_\_

3. How many of you are willing to eat the food at school again? (enter number in digits as in 10) \_\_\_\_\_

4. How many of you are willing to ask for this food at home? (enter number in digits as in 10) \_\_\_\_\_

Other Comments: \_\_\_\_\_

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