

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 FY 2012

Please fill out completely.

County: _____

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

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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