



Coordinating a School Taste Test

The object is to involve students, teachers, parents or community volunteers, and the food service to build awareness and consumption of healthy food choices, and to build the relationship between the food service and the rest of the school community.

The format ahead of time:

1. Decide what food will be tested at the Food Committee meeting with food service. The criteria are: to increase consumption of whole grains, fruits and vegetables and to try recipes/foods that can be featured on the menu in the future.
2. Find a classroom that is willing to prepare the food in the kitchen in the morning of the taste test and will help serve and survey
3. Find parents/volunteers who will help serve, clean up and survey
4. Find a classroom which will tabulate the results of the survey
5. Make sure the taste test is announced the morning of the event
6. Check with food service that they have the food needed

Day of:

- Help food service get set up for having kids in kitchen
- Make sure hands are washed
- Small groups of 4-5 kids in kitchen at once
- Demonstrate scratching your nose with your elbow to keep hands clean
- Introduce food service working with kids
- Remind kids to respect the workspace and workers there
- Rotate groups from classroom if necessary
- Set up table with tablecloth for taste test
- Have survey copied, ready, clipboards and pencils
- After 10 minutes of serving during each lunch period, do the survey with students—show them how to do it, remind kids to give honest feedback
- If students haven't taken samples from table, go around with samples on a tray
- Clean up taste testing area
- Give surveys to compiling group

Make sure the results are reported in morning announcements and the school newsletter. Include whether the items will be seen in the future (you will know through the actual taste test what the food service thinks about menu-ing the item in the future)