



Taste Test Instruction Ideas

Taste tests in the classroom give students access to wholesome foods and provide memorable learning experiences that will help them make improved food choices. Below are ideas on how to lead a monthly taste test in your classroom.

Purchase Featured Commodities

Here are four ways to conduct a taste test with your classroom. Try any or all of them!

1. Purchase one commodity for your class to sample.
Example: Have the class sample almonds.
2. Purchase a few different varieties of a commodity for your class to sample.
Example: Purchase three different types of apples – try Fuji, Pink Lady® and Red Delicious.
3. Purchase one commodity and prepare it differently.
Example: Try fresh, cooked and/or pickled asparagus.
4. Purchase one commodity in different forms.
Example: Try fresh, canned and/or frozen spinach.

Taste Test Preparation

1. Before preparing the taste test samples, be sure to wash your hands, utensils and fresh produce. Prepare a sample for each student.
2. Review three rules for tasting with students:
 - Student must wash their hands.
 - If someone doesn't like the sample, they have to explain "why."
 - Students must wait to sample until everyone is ready.

Taste Test Results (with California Education Standards)

1. Have students create their own journal to record their observations and results each month or use the *Taste Test Student Journal* worksheet on the next page.
(ELA CC: W.K-5.2; W.3-5.7; WHST.6-12.2)
2. Have students record qualitative (observable) and quantitative (measurable) data. Qualitative includes appearance, taste, texture, sound and smell. Quantitative includes dimensions, weight, amount and nutritional value.
(NGSS: 2-PS-1; ELA CC: W.K-3.2; W.4-5.2d; WHST.6-12.2d)
3. Have students explain what they liked about the commodity, which variety they liked best, or how they liked the commodity prepared.
(ELA CC: SL.K-12.1)
4. Have students research and become commodity experts! Plan a project night where students share their knowledge and taste-test experiences with their families. Include a tasting and student presentations.
(ELA CC: SL.K-2.4, 5; SL.3-12.4, 5; W.K-5.7; WHST.6-12.7)