

Conduct

# TASTE TESTS

**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?
- Where and when will the taste test be held?
- Are there student food allergies to be aware of?

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**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?**

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**Once you have hammered out some details, consider how you will set up. There are different ways you can approach offering 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.

Content contributed by Christine Gall, Food Corp Coordinator in RSU 3.



Healthy Choices Count!

[www.iowahealthieststate.com/5210](http://www.iowahealthieststate.com/5210)

