

## LEARNING OBJECTIVES

After completing this activity, students will be able to:

- Identify characteristics of fruits and vegetables that they find appealing.
- Name at least one fruit or vegetable that they would like to eat again in the future.
- Use adjectives to describe the characteristics of at least 3 fruits and vegetables.

## LINKS TO CONTENT STANDARDS

- Word Analysis, Fluency and Systematic Vocabulary Development 1.0
- Writing Applications (Genres and Their Characteristics) 2.0
- Nutrition and Physical Activity 1.0, 4.0, 7.0

### READY

Students sample an array of fruits and/or vegetables, one at a time, using safe food handling techniques. After each sample is tasted, each student rates the food and then uses adjectives to describe the food. Lastly, students write a one-paragraph description of the fruit or vegetable they liked best using the adjectives that they used to describe it.

### SET

- Review the Activity Notes.
- Review Rate the Taste, Worksheet 7.
- Prepare fruits and vegetables for tasting by peeling and cutting into bite-sized pieces close to serving time, so that they stay fresh. Follow Safe Food Handling Techniques (see Activity Notes). You may want to work with your school food service department to prepare the samples for tasting.
- If students are tasting both fruits and vegetables, prepare one cup or plate of vegetables and one cup or plate of fruits for each student.
- Have cups and water available for students to drink while tasting.
- Be sure students have access to soap, water, and paper towels to wash their hands before eating. As an alternative, provide each student with a cleansing wipe.
- Ask your school child nutrition director to attend the taste testing so that she/he may learn about the students' fruit and vegetable preferences.

# Rate the Taste



### TIME

- Prep — 20 minutes (may vary)
- Activity — 50 minutes

### MATERIALS

- Student workbooks
- Taste testing supplies, such as serving containers (two 4-ounce cups or plates per student), napkins, tasting forks and/or spoons
- Cup of water for each student
- Cleaning supplies, such as sponges, detergent, etc.
- A variety of fruits and vegetables for tasting, including fresh, frozen, canned, or dried products. Obtain these from your school child nutrition department or call your local grocer or farmers' market to request a produce donation (see Appendix for a sample donation request letter).
- Thesaurus

**Caution:** Whenever you are serving food to students, you should check for food allergies.



# Rate the Taste

## GO

### 1. Introduce the activity.

- Introduce the concept of variety to students.  
Ask them:
  - Do you eat many different kinds of food each day?
  - Do you eat many different fruits and vegetables each day?
  - Do you like to try new fruits or vegetables? Why or why not?
  - Is it important to eat different fruits and vegetables? Why?
- Explain to students that in this activity they will taste several different fruits and vegetables. They may get to taste some fruits or vegetables they haven't tried before.

### 2. Brainstorm words to describe fruits and vegetables.

- As a class, review the definition of an adjective and brainstorm adjectives that may be used to describe the fruits and vegetables they taste. (*Examples may include how they taste, look, smell, or their texture: sweet, sour, juicy, tart, crisp, crunchy, mushy, tangy, bitter, ripe.*) Write the adjectives on the board.

### 3. Introduce the food tasting activity.

- Have students wash their hands with soap and water and clean the areas in which they will taste the food.
- Talk with your students about the steps you took to make sure the food they are tasting is safe to eat. Explain that the fresh fruits and vegetables were washed with water, even those that are peeled, and the tops of the canned items were washed before they were opened.
- Set some ground rules for your tasting activity. Ask students not to make any negative comments or faces if they taste something they don't like. Give them permission to quietly and politely remove food from their mouths into a napkin. This encourages children to try new foods without fear.
- Have students turn to Rate the Taste, Worksheet 7 in their workbooks. Review the directions at the top of the worksheet.
- Explain that students cannot use the same adjective over and over to describe the foods, but will need to come up with different adjectives.

- If you have a thesaurus available, point it out as a resource the students can use.
- Tell the students which fruits and vegetables they will taste today.
- Distribute one cup/plate of vegetables and one cup/plate of fruits to each student.
- Distribute one cup of water to each student.
- Allow 20 minutes for students to taste the items and fill out the Rate the Taste worksheet.

### 4. Review the results.

- Lead a class discussion about the students' experiences.
  - Did you try a fruit or vegetable you had never tasted before?
  - Were you surprised by the way it tasted?
  - Will you eat this fruit or vegetable more often in the future? Why or why not?
  - Do you usually have fruits and vegetables that you like at home?
  - Will you ask your parents to buy any of the fruits and vegetables that we tasted today? Why or why not?
  - What did we do to make sure that the food we tasted today was safe to eat?
- Ask students to write a one-paragraph description of the fruit or vegetable they liked best, using as many adjectives as they can to describe its taste, smell, and texture.

## GO FARTHER

- Were there certain fruits or vegetables that students particularly enjoyed? Have students write a letter to the child nutrition director to ask that these foods be added to the school menu.
- Invite a school child nutrition staff member, chef, or a high school culinary arts class to conduct a food preparation demonstration for your class.
- If your school has a garden, conduct a tasting with fresh fruits and vegetables from the garden.
- Encourage the students to take their rating sheets home to share with their families. If you prepared a recipe, make copies available for those children that want to try making it at home.



# Activity Notes: Rate the Taste

**Try to conduct the tasting using fruits and vegetables that will be new to your students. The activity will be more exciting if there are new and colorful options such as:**

- Artichokes
- Avocados
- Asparagus
- Bok choy
- Cantaloupe
- Dried fruit (dried peaches or dried apricots)
- Eggplant
- Figs
- Grapefruit
- Melon (cantaloupe, honeydew)
- Jicama
- Kiwifruit
- Kumquats
- Lychee
- Mango
- Red cabbage
- Papaya
- Passion fruit
- Pears
- Persimmon
- Quince
- Radishes
- Bell peppers (red, green, and yellow)
- Rhubarb
- Rutabaga
- Squash (spaghetti, summer, and winter)
- Sugar snap peas
- Sweet potatoes
- Tamarind
- Water chestnuts
- Watermelon
- Zucchini

**You have several options for the taste test:**

- Taste the same fruit or vegetable prepared several different ways (e.g., a steamed/microwaved vegetable and a raw vegetable)
- Taste many different types of a fruit or vegetable (e.g., samples of green peppers, red peppers, and yellow peppers, or different varieties of apples)
- Provide different dips for fruits and vegetables (e.g., lowfat salad dressing with vegetables and lowfat yogurt with fruits)

- Taste fruits and vegetables that are all the same color (e.g., green: avocados, kiwifruit, peas, broccoli, etc.)

Be sure to check with your school child nutrition department ahead of time to request food tasting samples.

To keep the cost down, purchase fruits and vegetables that are in season.



# Safe Food Handling Techniques

## General Food Safety

There are four simple keys to making sure that your food is safe from harmful bacteria:

- *Clean:* Always wash your hands, utensils, and surfaces with hot, soapy water before and after preparing food.
- *Separate:* Keep raw meat, poultry, and seafood separate from other foods when they are stored and when you are preparing them.
- *Cook:* Be sure to cook food for a long enough time and at a high enough temperature to kill harmful bacteria.
- *Chill:* Put prepared foods and leftovers into the refrigerator or freezer as soon as possible. Don't defrost foods at room temperature – thaw them in the refrigerator, under cold running water, or in the microwave.

## Fruit and Vegetable Safety

- Rinse all fruits and vegetables with water, even if you don't eat the outside of the fruit or vegetable (such as bananas, cantaloupe, or oranges). If necessary, use a small vegetable brush to remove surface dirt. Before opening them, rinse the tops of the cans when using canned fruits and vegetables.
- Try to cut away damaged or bruised areas of fruits and vegetables.
- Use juices that have been pasteurized or treated to kill harmful bacteria. Pasteurized juices can be found in refrigerated sections of stores. Treated juices can be kept on the shelf in stores and are in juice boxes, bottles, and cans. Unpasteurized or untreated juice should have a warning label that says, "This product has not been pasteurized and therefore may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems."

## Cooking Safety

- Always use clean, dry oven mitts whenever you use the oven.
- When cooking on the stove, make sure pot handles are turned away from the front of the stove so the pots are not accidentally bumped or knocked off.
- When uncovering a pot on the stove or a container from the microwave, open the lid away from you to let the steam out.
- Always turn the sharp edge of a knife or vegetable peeler away from you as you use it (use caution when handling a cheese grater, too). Keep your finger tips away from the sharp edge of the knife when cutting.
- Use a cutting board when you chop or slice ingredients.
- When using a blender, keep the lid on. Turn the blender off before you put any utensils inside the blender container.

**For more information on food safety, visit [www.foodsafety.gov](http://www.foodsafety.gov).**



# Rate the Taste

Did you like the fruits and vegetables that you tasted? Write adjectives to describe how the food tasted, looked, smelled, and felt. Do not use the same adjective more than two times. Then circle or color the picture that shows how much you liked each food. When you are done, write a paragraph about your favorite fruit or vegetable. Use the adjectives to describe how it tasted, looked, smelled, and felt.

## Sample 1

Name of this food: \_\_\_\_\_

Adjectives for this food: \_\_\_\_\_

\_\_\_\_\_



## Sample 2

Name of this food: \_\_\_\_\_

Adjectives for this food: \_\_\_\_\_

\_\_\_\_\_



## Sample 3

Name of this food: \_\_\_\_\_

Adjectives for this food: \_\_\_\_\_

\_\_\_\_\_



**Sample 4**

Name of this food: \_\_\_\_\_

Adjectives for this food: \_\_\_\_\_

\_\_\_\_\_



**Sample 5**

Name of this food: \_\_\_\_\_

Adjectives for this food: \_\_\_\_\_

\_\_\_\_\_



**Sample 6**

Name of this food: \_\_\_\_\_

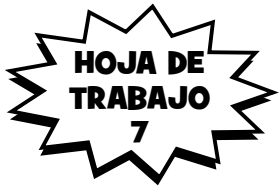
Adjectives for this food: \_\_\_\_\_

\_\_\_\_\_



**My favorite fruit or vegetable:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Califica el Sabor

¿Te gustan las frutas y los vegetales que has probado? Escribe los adjetivos que describen como saben, como se ven, como huelen y como se sienten. No uses el mismo adjetivo más de dos veces. Luego encierra en un círculo o pinta el dibujo que describa cuánto te gustó cada alimento. Cuando has terminado, escribe un párrafo sobre tu fruta o vegetal favorito. Usa los adjetivos para describir cómo te supo, cómo se veía, cómo olía y cómo se sentía.

## Muestra 1

Nombre de este alimento: \_\_\_\_\_

Adjetivos para este alimento: \_\_\_\_\_



## Muestra 2

Nombre de este alimento: \_\_\_\_\_

Adjetivos para este alimento: \_\_\_\_\_



## Muestra 3

Nombre de este alimento: \_\_\_\_\_

Adjetivos para este alimento: \_\_\_\_\_



**Muestra 4**

Nombre de este alimento: \_\_\_\_\_

Adjetivos para este alimento: \_\_\_\_\_

\_\_\_\_\_



**Muestra 5**

Nombre de este alimento: \_\_\_\_\_

Adjetivos para este alimento: \_\_\_\_\_

\_\_\_\_\_



**Muestra 6**

Nombre de este alimento: \_\_\_\_\_

Adjetivos para este alimento: \_\_\_\_\_

\_\_\_\_\_



**Mi fruta o vegetal favorito:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_