

RELATED FOUNDATIONS:

- Student Engagement

RESOURCES:

- Prepared vegetables and fruit for sampling
- Clean and sanitized desks (speak to your custodian for appropriate cleaning products)
- Handwashing supplies or hand sanitizer
- Napkins/paper towel
- [10 Ways to Create a Supportive Food Environment](#)

Taste It!

ACTIVITY GOAL: To increase students' exposure to vegetables and fruit and provide them with tasting opportunities.

There are many factors that contribute to the food we eat and students' experience with food. Prior to this activity, consider reviewing [Teaching and Talking to Students About Food and Nutrition](#), to create a supportive food environment for your students.

ACTIVITY INSTRUCTIONS:

1. Before the lesson, wash produce and cut into sample-sized pieces.
2. Have students wash their hands before tasting and ensure proper tasting technique (using serving utensils, no double dipping etc.)
3. Allow students to choose whether they want to taste and which vegetables or fruit to sample. Tasting should be optional for everyone.
4. Using positive language, ask students to comment on taste and texture (sweet, sour, crunchy etc.).
5. Optional: Create a graph or chart to capture student favourites or food characteristics.
6. Throughout the activity engage with students through questions and discussion.

Educator Prompts:

- Encourage students to use their senses when sampling.
- Talk about the vegetable or fruit (name, shape, colour, how it grows)
- Talk about experiences with the vegetable or fruit. Have you tasted it before? Have you ever grown or picked it?

Curriculum Connections

- FDK 2.2 Making Thinking and Learning Visible - demonstrate a willingness to try new experiences; 6.2 Investigate the benefits of nutritious foods
- Grade 1: D1.1 Food for healthy bodies and minds; D 2.1 Canada's Food Guide
- Grade 2: D2.1 Healthy eating patterns; D22 Food choices (snacks and meals)
- Grade 3: D1.1 Food origins, nutritional value, and environmental impact; D3.1 Local and cultural foods, eating choices Grade 4:D 1.1 Nutrients; D2.1 Personal eating habits; D3.1 Healthier eating in various settings
- Grade 7: D 2.1 Personal external factors in food choices Other Connections: Math, Geography; Science.

