

Action for Healthy Kids

Taste Test Guide



Table of Contents

Overview.....	3
Planning Your Taste Test.....	4
Event Day.....	5-6
Fruit Taste Test.....	7
Veggie Taste Test.....	8
Dairy Taste Test.....	9
Grains Taste Test.....	10
Appendix.....	11-20
Appendix A: Planning Timeline.....	12
Appendix B: Run of Show Template.....	13
Appendix C: Taste Test Kit Supply List.....	14
Appendix D: Sign-in Sheet.....	15-16
Appendix E: Conversation Starters.....	17-18
Appendix F: Student Taste Test Survey.....	19
Appendix G: Post-event Survey for Volunteers.....	20

Why Host a Taste Test?

Having students taste healthy food items is at the heart of nutrition education. A taste test is a great way to expose students to foods they might not otherwise get the chance to try, or might snub at home or in the cafeteria.

Believe it or not, some students have never tasted a fresh pear. In fact, they may be surprised to see that pears come in a shape different than the little white cubes in their fruit cocktail! Taste testing is a tool that can be used to introduce students to the smell, texture and flavor of new foods and beverages. Being familiar with and able to recognize food is important in developing healthy eating behaviors. Additionally, research shows that trying a food multiple times can lead to increased acceptance and liking of that food (Cornwell & McAlister, 2011). A healthy taste test is also a great way to foster healthy eating behaviors and reinforce key nutrition concepts. Watching peers, teachers and other role models try new foods at school can also help motivate students to step out of their comfort zone and try something new.

MyPlate is the United States Department of Agriculture's (USDA) nutrition guide that illustrates the five food groups that make up a healthy diet: **Vegetables**, **Fruits**, **Grains**, **Protein**



and **Dairy**. It's a visual reminder to eat a variety of foods from all food groups. Action for Healthy Kids recommends that schools use MyPlate as a tool to teach kids about a healthy diet and help them make healthy choices. Hosting a taste test that focuses on MyPlate can reinforce nutrition information taught in the classroom and help students more easily translate nutrition knowledge into healthy eating behaviors.

How to Use This Guide

You don't need to be an expert in nutrition or taste testing to have a successful event! This guide provides you with everything you need to host a healthy food or beverage taste test. It focuses on four food groups (**Vegetables**, **Fruits**, **Grains** and **Dairy**) and provides you with tips and directions for planning and conducting your event, taste testing ideas, key nutrition facts and sample questions to engage students in a conversation about MyPlate.

- **Taste Testing Ideas:** For each food group, we've provided five ways to hold a creative and fun taste test. Pick a food group, and have fun!
- **Nutrition Education "Sound Bites":** Nutrition education varies widely from school to school. For some schools, taste testing may be the only chance students have to learn about healthy eating. Use our simple nutrition "sound bites" to teach students about healthy eating and MyPlate as they taste test.
- **Conversation Starters:** Engaging students in conversation is a great way to make a personal connection and get a sense of what they already know about good nutrition. It doesn't matter how long you have with each student — just 30 seconds is enough time to make a difference! Use our sample conversation starters, and add your own as the conversation progresses.

Planning Your Taste Test

In order to successfully host a taste test, you need to plan well in advance to ensure you have all your supplies, volunteers and logistics in place.

Before the Event

A successful taste test starts well before the first fruit is sliced or yogurt opened — it begins weeks before with planning and coordination to work out a schedule for the day, roles for volunteers and logistics information.

Use the **Planning Timeline** template included in the Appendix on page 12. You can update it with your school's specific needs, but here are a few items you'll want to make sure to include:

Weeks before your taste test	Tasks
4 - 6 weeks	<ul style="list-style-type: none"> • Recruit an event committee. Reach out to your wellness team, parents, teachers, administrators, students and community members. • Get buy-in for the event from school administration.
3 - 4 weeks	<ul style="list-style-type: none"> • Identify how many students will be involved, what supplies will be needed and how many volunteers are needed to execute the event. • Confirm date, time and location of event, and reserve rooms/space as needed. • Promote your event! Use your school newsletter, social media, flyers and other tools to get the word out and recruit parents to help as volunteers (beginning four weeks prior and continuing through the week of the event). • If you're not working with a corporate partner for volunteers, recruit volunteers from your parent and family network, community organizations or local businesses, then follow up to make sure they have all the information they need (beginning four weeks prior and continuing through the week of the event). • Notify volunteers of any volunteer requirements your school or district has, e.g. background checks, waivers or registration forms (beginning four weeks out, as volunteers express interest).
1 - 2 weeks	<ul style="list-style-type: none"> • Identify volunteer roles (see page 5 for more details on types of volunteers you will need). • Complete the Run of Show (see Appendix on page 13) to clarify the schedule for the event and logistics. If planning to include multiple classes, grade levels or the entire school, keep in mind a taste test works best when you have five or six volunteers for every 30-40 students tasting, so you may need to rotate classes every 15-20 minutes.
Week of your taste test	<ul style="list-style-type: none"> • Buy food and gather all other needed supplies (see Appendix on page 14). • Schedule a final touch-base call with your volunteers or volunteer group leader to review logistics and confirm background check/volunteer waiver requirements, arrival time and check-in procedures.

Volunteer Engagement Tips (1 - 2 weeks out)

- **Plan ahead.** Make sure you have enough for everyone to do and have enough supplies (knives, cutting boards, serving trays, etc.) for the number of volunteers you'll have.
- **Communicate and set expectations.** Make sure volunteers know what to expect and what they'll be doing (including where to park, where to check in at the school, what their roles are and what they should wear or bring with them).

Event Day

- Arrive early to **set up** tables and supplies and to prep for volunteer arrival.
- Make sure to have your **check-in** procedures in place and volunteer sign-in sheet out (template in Appendix on page 15).
- **Conduct the Taste Test:**
 - **Welcome volunteers.** Once all volunteers have arrived, gather them together and welcome them to the school. Your welcome should provide a brief introduction to the school, explain the impact of the taste test and how it fits in with other wellness programs happening at the school, give instructions and logistics information to volunteers (e.g. schedule for the day, locations for restrooms) and thank them for joining.
 - **Assign volunteer roles** (see sidebar to right). Assign most volunteers to begin as Preppers and one or two to help school staff with final set up and act as Greeters. After the prepping is done, assign your Servers, Conversationalists and Surveyors until everyone has a role. Remind volunteers of their roles so they know what to do after prepping.
 - **Prep the food.** All preppers should help prep for the taste test, cutting foods into bite-size pieces and placing them in their own cups, bowls or plates (depending on the food).
 - **Welcome students** in groups of about 30 at a time. The Greeters welcome students to the taste test area and share that they'll be trying some new foods, discussing the foods in small groups and filling out a survey. Encourage them to stay open-minded as they try the new foods or different combinations, and direct them where to go to begin.

Types of Volunteers

- **Preppers** (4 - 6; depending on type of event). Most volunteers will probably start here, then move on to another role once students arrive and the tasting begins. Preppers wash and chop fruits and veggies, set out the yogurt, pop popcorn or slice fresh bread – whatever is needed to get the food ready for your taste test.
- **Greeters** (1 - 2; could be school staff who know kids better). Welcome students into the cafeteria and give them directions on what to expect, where to go and what to do.
- **Servers** (2 - 3). Your front line, Servers make sure kids get to try the taste test foods, share “sound bites” about the foods and stay super positive so kids get excited about trying something new.
- **Conversationalists** (1 per group of 8 - 10 students). Once students have their foods, Conversationalists get small groups together to talk about how the foods taste, feel, smell and look using the conversation starters from this guide.
- **Surveyors** (1 - 2). As conversations are happening, Surveyors float through the room passing out and collecting the taste test surveys (see Appendix) so students can give their feedback on what they thought of the new foods.

Tips for Success

- **Be aware of food allergies.** If necessary, seek permission from the school administration and parents.
- **Play it safe.** Make sure food is kept at the proper temperature and everyone has washed their hands before serving.
- **Display various forms of the food** (whole, canned, frozen, etc.) to help students understand the forms they may see at the grocery store.
- **Display the nutrition facts label for the food or beverage being served,** and use it as a teaching tool. Teaching students how to read food labels is a valuable skill that can help them make healthy choices on their own.

- **Taste!** Servers set up foods on the serving line and share one or two of their sound bites with each student as they're serving them, while Conversationalists gather small groups of students (ideally 8 - 10) and ask the conversation starter questions. Surveyors move throughout the room handing out the taste test survey and pencils and helping students fill it out as needed. The taste test should take about 15-20 minutes per group.
- **Wrap up the tasting.** As students finish the taste test, discussion and completing their surveys, the Greeter(s) should line up students to throw away any trash and exit, reinforce the main learning points about the new foods, and thank them for trying something new!
- **Clean up and get ready for the next group.** All volunteers should pitch in to help clean up tables and throw away any trash that students missed, then reset foods on the serving line and get back in position for the next group.
- **Closing with volunteers.** After all groups have gone through the tasting and clean-up is complete, gather the volunteers again and ask them about their experience — their favorite part, anything they would change, what they'll take away from the tasting, etc. Thank them again for coming, and invite them to return for the next event!

Volunteer Engagement Tips

- **Connect with your volunteers.** Just as you're connecting the dots for students during the taste test about the importance of healthy eating, connect with volunteers on the WHY – the importance of the taste test and all the other great wellness initiatives happening at the school and their link to helping students learn better.
- **Show appreciation for your volunteers.** Say thank you, and make sure the volunteers feel valued by having enough for them to do and moving them around to utilize different skills, if necessary.



After the Event

- **Ask volunteers to complete a post-event survey** (see Appendix) to give you feedback on how the taste test went and what can be improved for next time (there's always something!).
- **Extend your thank-you to volunteers** beyond the day of the event by sending a thank-you card or email with photos from the taste test.
- **Reinforce the impact** of the taste test for students by working with your food services department to serve one or more of the foods from the taste test in a school meal the week following the event.
- **Empower volunteers** from the taste test to do more in the school. For example, invite them to join the wellness committee, bring friends to the next event or tell parents about the taste test, and encourage them to stay involved any way they can.

Have a Fruitful Taste Test

Research shows that kids are eating more fruit today than they did 15 years ago (CDC, 2014). However, students still aren't eating *enough* fruit to meet daily fruit recommendations. Host a fruit taste test to give students a chance to try new fruits and identify ones they like. Here are some ideas:

Themes	Foods	Taste!
What's Your Berry Favorite Fruit?	Açai berries, blackberries, blueberries, cranberries, currants, elderberries, goji berries, huckleberries, mulberries, raspberries, strawberries	Choose 3 - 5 fruits to sample. Encourage students to sample at least one type of fruit. Consider pairing fruits with a low-fat yogurt or fat-free whipped topping as a healthy treat alternative.
Celebrate Citrus	Grapefruit, kumquats, limes, lemons, orange varieties (clementines, blood oranges, mandarins, tangerines)	
Melon Mania	Cantaloupe, honey dew, horned melon, watermelon	
Tropical (Taste Bud) Vacation	Banana, guava, kiwi, mango, papaya, passion fruit, pineapple, star fruit	Choose 3 - 5 tropical fruits, and combine ahead of time to create a fruit salad. Make sure students clearly know which fruits are in the salad. Suggest that they sample the fruits separately and then mix together for unique flavor combinations.
Fun with Frozen Fruit	Bananas, blueberries, grapes, kiwi, pineapple, strawberries, watermelon	Choose a fruit and freeze some of it beforehand. Let students try it fresh and frozen so they can compare.

Fruit — Nutrition Education “Sound Bites”

- “Make half of your plate fruits and vegetables.”
- “Try to eat fruits and vegetables at least five times each day.”
- “100% fruit juice counts as part of your daily fruit consumption. Check the label to make sure it says ‘100%’ for the healthiest choice.”
- “Kids aged 2 - 18 should get one to two cups of fruit each day.”
- “If you can't get fresh fruit, that's okay! Frozen and canned fruit are also nutritious options.”



See the Appendix for Conversation Starters!

Veg Out with a Vegetable Taste Test

Recent research shows us that more than 90% of kids aren't eating enough vegetables each day (CDC, 2014). Many kids think they don't like vegetables, but often that's because they haven't been exposed to a variety of produce. Help students vary their veggies with a vegetable taste test.

Themes	Foods	Taste!
When I Dip, You Dip, We Dip	Vegetables: broccoli, carrots, cauliflower, celery, cucumbers, grape tomatoes, jicama, peppers, radishes Dips: hummus, greek yogurt, guacamole, low-fat Italian or ranch dressing, salsa	Pick a vegetable that is easy to dip and serve it with two or more dips to help students identify ones they like and encourage them to eat more veggies.
Three's Not a Crowd	Red, green, yellow, orange and purple peppers	Choose three or more peppers of different colors and let students try them side by side.
Vegetable Forests	Asparagus, broccoli, broccolini, brussels sprouts, cauliflower, celery	Choose two or more vegetables that resemble trees for students to sample. This is a great way to tie in Earth Day if you're taste testing in April.
Eat the Rainbow	All types of vegetables	Choose two or more vegetables of the same color, or one for each of the colors in a rainbow, for students to sample. Emphasize that students should try to "eat a rainbow" of fruits and veggies.
Beans, Beans, They're Good for Your Heart	Black beans, edamame, garbanzo beans, kidney beans, pinto beans, navy beans, white beans	Choose two or more beans or peas for students to sample.

Vegetables — Nutrition Education "Sound Bites"

- "Make half of your plate fruits and vegetables."
- "Try to eat fruits and vegetables at least five times each day."
- "Eat a variety of different colored vegetables."
- "Kids aged 2 - 18 should get one to three cups of vegetables each day."
- "If you can't get fresh vegetables, that's okay! Frozen and canned fruit are also nutritious options."
- "Beans and peas are unique because they also have a lot of protein. That's why they are in the Protein and Vegetable food groups."



See the Appendix for Conversation Starters!

Dive into Dairy Taste Test

Three a day is the healthy way! Kids (older than two years) should consume fat-free or low-fat dairy products for good bone health and to help maintain a healthy weight. In addition to milk, there are a lot of options for kids to consume calcium-rich foods. Host a taste test of milk, yogurt, cheese and non-dairy, calcium-rich alternatives to help kids meet daily dairy recommendations.

Themes	Foods	Taste!
Yogurt Parfait Party	Fresh fruit: bananas, blackberries, kiwi, mandarin oranges, raspberries, strawberries, peaches, pineapple Dried fruit: apples, apricots, blueberries, cherries, cranberries, pineapple, raisins	Choose at least one flavor of low-fat yogurt, at least one type of fresh or dried fruit and a low-sugar cereal or granola. Create yogurt parfaits by layering yogurt and fruit and topping with a small amount of cereal.
Pick Yogurt, Yo	Drinkable, fat-free or low-fat, frozen, Greek, soy, squeezable, whipped	Choose two or more types of yogurt for students to sample.
Say Cheese	Mozzarella, swiss, cheddar, colby, colby-jack, Muenster, Monterey jack, pepper jack	Choose two or more types of low-fat cheese for students to sample.
Got Milk Alternatives?	Non-dairy, calcium-rich beverages: almond, coconut, soy, rice	Choose one or more varieties of milk alternatives for students to sample. Pair with fat-free (skim) or low-fat (1%) milk to see if students can taste a difference.
For the Love of Leaves	Arugula, beet greens, bok choy, collard greens, kale, mustard greens, spinach, turnip greens, watercress	This taste test focuses on non-dairy, calcium-rich foods. Choose two or more varieties of dark leafy greens for students to sample. Take it a step further and give students a small salad of their favorite greens (with fat-free or low-fat ranch or Italian dressing).

Dairy — Nutrition Education “Sound Bites”

- “Foods in the dairy group are all foods that are made from milk and have calcium. Foods like butter, cream cheese and cream are made from milk, but don’t have calcium, so they are not part of this food group.”
- “Consume fat-free (skim) or low-fat (1%) dairy products whenever possible.”
- “Try to eat three servings of dairy products or calcium-rich dairy alternatives each day.”
- “Kids aged 2 - 18 should get two to three servings of dairy products each day.”
- “Calcium can be found in other foods, too! Many juices, cereals, breads, soy products and leafy greens have varying levels of calcium.”



See the Appendix for Conversation Starters!

Go with the Grains

While most people eat enough grains, we don't always get enough whole grains, which have more nutrients than refined grains. It is recommended that at least half of the grains we eat are whole grains. Help students identify healthy and delicious whole-grain options with a whole-grain test taste.



Themes	Foods	Taste!
Get Poppin'	Toppings: chili powder, cinnamon, hot sauce, lemon pepper, lime, Parmesan, pumpkin spice and other salt-free spices	Choose popcorn that is low-fat and low-salt. Let students select their favorite low-salt toppings for a healthy snack alternative.
Rice, Rice (Cakes), Baby	Toppings: avocado, low-fat cheese, nut butter	Choose one or more flavors of rice cakes for students to sample and allow them to choose their favorite toppings.
Crazy for Crackers	Whole-grain crackers	Choose two or more types of whole-grain crackers for students to sample.
Tasty Tortillas	Tortillas: whole-grain, corn Toppings: avocado, guacamole, low-fat cheese, salsa	Choose a variety of whole-grain and corn tortillas for students to sample.
Bread	Multi-grain, whole-grain, whole-wheat	Choose two or more types of bread made with whole grains for students to sample.

Grains — Nutrition Education “Sound Bites”

- “There are two types of grains: whole grains (that have the entire grain kernel) and refined grains (that do not have the entire grain kernel because they have been processed). Whole grains are the healthier option.”
- “Make at least half of your grains whole grains.”
- “These are common whole-grain ingredients to look for on food labels: brown rice, buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, whole rye, whole wheat and wild rice. Or, anything with ‘whole-grain’ listed in front of it is also a good option.”
- “Kids aged 2 - 18 should get one to three cups of whole grains each day.”
- “Multi-grain, stone-ground, 100% wheat, cracked wheat, seven-grain and bran are not usually whole-grain products. Check the food label to confirm.”
- “Just because something is brown doesn’t mean it’s a whole grain. Check the food label to confirm.”

See the Appendix for Conversation Starters!

Appendix

- Appendix A: Planning Timeline.....12
- Appendix B: Run of Show Template.....13
- Appendix C: Taste Test Kit Supply List.....14
- Appendix D: Sign-in Sheet.....15-16
- Appendix E: Conversation Starters.....17-18
- Appendix F: Student Taste Test Survey.....19
- Appendix G: Post-event Survey for Volunteers.....20

Additional Resources

Game On is a no-cost online guide that provides all the information and resources you need to host a successful school wellness program in your school. Check out the Host a Taste Test activity for more taste testing ideas. Visit ActionforHealthyKids.org/GameOn to learn more.

Appendix A: Example Event Timeline

4 - 6 weeks out

- Event committee planning meetings
- Determine event activities/compile task list.
- Research vendors as needed.
- Determine audio/visual needs.
- Determine contract/permit needs if necessary.
- Continue registration process/volunteer recruitment.
- Follow up with volunteers to ensure they are committed and understand their role.
- Order signage and other materials as necessary.
- Prepare event flyers/communications and begin in-school event promotion.
 - Create an event sign-up sheet.
 - Post on social media to spread the word.
 - Send a flyer home with details for families.

8 - 10 weeks out

- Recruit an event committee – look at your wellness team, parents, teachers, administrators, students, community members.
- Get buy-in for the event from school administration.

6 - 8 weeks out

- 1st event committee planning meeting
- Event brainstorming – what will the event look like?
- How many people can you involve & accommodate (staff, parents, students, community members, media, sponsors/partners, etc.)?
- How many volunteers will be needed and what tasks will they support?
- What resources are needed? What can you get donated?
- Decide on committee responsibilities/expertise areas.
- Set budget.
- Confirm date, time and location of event. Reserve space as needed and identify a rain date.
- Connect with facilities management or your district representatives to confirm all plans are feasible and permitted.
- Promote your event!
 - Post your event on AFHK's Events & Volunteer Management Portal.
 - Reach out to local organizations to spread the word and recruit volunteers.
 - Use local media – advertise if you have the budget or take advantage of free community calendars in papers, on websites and on community groups' Facebook pages.

2 - 4 weeks out

- Event committee planning meetings
 - Secure all contracts/permits as needed.
- Arrange for all equipment needs – tables, chairs, food, etc.
- Determine parking & waste/recycling plans.
- Identify back-up/inclement weather plan as needed.
- Identify event opening/closing speakers.
- Continue promoting.
 - Have volunteers call parents to invite them.
 - Include an event announcement in your newsletters.
 - Set up an information table at school events and pick-up/drop-off locations.

1 - 2 weeks out

- Event committee planning meetings.
- Confirm details with facilities and vendors.
- Determine who will be picking up materials/receiving deliveries.
- Confirm time/date with event speakers.
- Contact media outlets as necessary.
- Assign volunteer shifts & tasks and communicate to the team.
- Finalize event Run of Show.

After Event

- Final event committee meeting.
- Make a note of comments you heard.
- Survey attendees.
- Send thank you notes.
- Nominate your best volunteer(s) for a Healthy School Hero Award.

Week/Day of Event

- Event committee planning meetings.
- Get students excited by making announcements at school.
- Create & print registration lists, name tags, waivers, volunteer instructions, etc.
- Gather/pack supplies.
- Finalize and distribute event agendas.
- Final walk through with event committee.
- Determine final needs and preparations.
- Arrive early for event set-up.
- Double check all set-ups.
- Do an A/V sound check.
- Have a great event!

Appendix B: Run of Show Template

[Name of Event]
[Location of Event]
[Date and Time of Event]

Event Preparation

[List location where event team will meet]

- 6:30 a.m. Arrival of event team
- Hold a quick meeting with event team to get everyone on the same page.
 - List final preparation items as needed.
- 8:15 a.m. Registration opens (include location of where registration tables will be set up)
- 7:45 a.m. – Registration tables set with materials (including all signage, breakfast tables/food or give-away items as needed)
 - 8:00 a.m. – Registration volunteers in place and ready to go

Event Opening

[List location and include inclement weather location]

- 9:00 a.m. Welcome event attendees
- List all speakers that will be taking part in the event opening (include timing for speakers).
 - Example:
 - 9:02 a.m. – Principal welcomes attendees
 - 9:04 a.m. – Event committee welcome/instructions
 - 9:07 a.m. – Guest speaker welcome
 - 9:15 a.m. – Dismiss attendees to groups/activities/volunteer tasks
- 9:20 a.m. Event activities/service projects begin
- Project overview
 - Instructions as needed
- 10:50 a.m. Begin initial activity/project wrap-up
- 11:00 a.m. Event attendees gather at event closing location

Event Closing

[List location and include inclement weather location]

- 11:10 a.m. Closing ceremony
- List all speakers that will be taking part in the event closing (include timing for speakers – see event opening above).
 - Thank all event attendees.
- 11:30 a.m. Event attendees depart
- 11:40 a.m. Event team check-in and prep for final clean up
- 12:30 p.m. All depart to celebrate successful event!

Appendix C: Taste Test Kit Supply List

- Non-latex gloves*
- Hand sanitizer*
- 3-oz. tasting cups*
- Spoons, forks or sporks*
- Napkins*
- MyPlate mini dry erase boards*
- Stickers *
 - "I tried it"
 - "Official Taste Tester"
 - AFHK stickers
- Tablecloths*
- Guide to Hosting a Taste Test*
- Food for tasting (will depend on type of taste test you're hosting)
- Knives and cutting boards, as needed
- Serving utensils and bowls, as needed (i.e. large spoons, tongs, etc.)
- Taste Test surveys and pencils for students
- Sign-in sheet and pens for volunteers
- Name tags and markers for volunteers
- Post-event surveys and pens for volunteers
- Cleaning supplies

*Provided in the AFHK Taste Test Kit

Appendix D: Sign-in Sheet

First Name	Last Name	Email Address	Affiliation
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			

Appendix D: Sign-in Sheet, Continued

First Name	Last Name	Email Address	Affiliation
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			

Appendix E1: Conversation Starters

Conversation Starters: Engaging students in conversation is a great way to make a personal connection and get a sense of what they already know about good nutrition. It doesn't matter how long you have with each student – even 30 seconds is enough time to make a difference! Use our sample conversation starters, and add your own as the conversation progresses.

- Have you ever tried [fruit, vegetable, whole-grain, dairy food] before?
- Which [fruit, vegetable, whole-grain, dairy food] did you like the most? Why? See Appendix E2 for more.
- How did it taste? [If needed, prompt students with words like acidic, bitter, juicy, ripe, sour, sweet, tangy, etc.] See Appendix E2 for more.
- How does the food's texture feel to you when you bite into it? [If needed, prompted students with words like crunchy, gooey, moist, mushy, squishy, soft, stringy, velvety, etc.]
- What's your favorite [fruit, vegetable, whole-grain, dairy food]?
- Do you think you would eat [fruit, vegetable, whole-grain, dairy food] again?
- Do you like [fruit, vegetable, whole-grain, dairy food] enough to ask your parents to buy it for you?

Appendix E2: Conversation Starters

Foods you tasted	Taste	Texture
Fruit	Prompts: acidic, bitter, juicy, ripe, sour, sweet, tangy	Prompts: crunchy, gooey, moist, mushy, squishy, soft, stringy, velvety
<i>Write name of fruit(s) you tasted here.</i>		
Vegetables	Prompts: earthy, juicy, spicy, sweet, tangy	Prompts: chewy, crumbly, crunchy, mushy, rubbery, soft, stringy
<i>Write name of vegetable(s) you tasted here.</i>		
Dairy	Prompts: fresh, rich, spicy, sweet	Prompts: butter, creamy, crumbly, soft, stringy
<i>Write name of dairy product(s) you tasted here.</i>		
Grains	Prompts: bland, burnt, fresh, hearty, nutty, plain	Prompts: doughy, dry, chewy, crispy, crumbly, crunchy, soft
<i>Write name of grains you tasted here.</i>		

Appendix F: Student Taste Test Survey

Your Grade Level: _____

Food You Tasted: _____

					
How does the food look?	1	2	3	4	5
How does the food taste?	1	2	3	4	5
How is the texture? How does the food feel in your mouth?	1	2	3	4	5
How does the food smell?	1	2	3	4	5
How would you rate the food overall?	1	2	3	4	5

Have you tried this food before? Yes No
 Should we use it in school meals? Yes No

Food You Tasted: _____

					
How does the food look?	1	2	3	4	5
How does the food taste?	1	2	3	4	5
How is the texture? How does the food feel in your mouth?	1	2	3	4	5
How does the food smell?	1	2	3	4	5
How would you rate the food overall?	1	2	3	4	5

Have you tried this food before? Yes No
 Should we use it in school meals? Yes No

Food You Tasted: _____

					
How does the food look?	1	2	3	4	5
How does the food taste?	1	2	3	4	5
How is the texture? How does the food feel in your mouth?	1	2	3	4	5
How does the food smell?	1	2	3	4	5
How would you rate the food overall?	1	2	3	4	5

Have you tried this food before? Yes No
 Should we use it in school meals? Yes No

What are your favorite fruits and vegetables?

What other fruits and vegetables would like to see served at school?

Comments: _____

Appendix G: Post-event Survey for Volunteers

Name (Optional) _____

What about the event do you think was successful?

What about the event do you think could be improved?

Was was your favorite aspect of the event?

What was your least favorite aspect of the event?

On a scale of 1-10, how likely are you to attend a similar event in the future?

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, how likely are you to invite a friend or family member who wasn't with you this time to a similar event in the future?

1 2 3 4 5 6 7 8 9 10

Anything else you'd like to share about the event?

[NOTE TO ORGANIZER: Add anything here that might be specific to your event (i.e. questions about activities held or healthy snacks served)]