



5 A Day and School-Age Children

5 A Day Taste Testing

Often just one taste is enough to encourage someone to be a lifetime consumer of a fruit or vegetable. Taste tests in classrooms or school cafeterias can be a simple way to introduce students and staff to new fruits and vegetables. If you plan to hold a taste testing of new fruits and vegetables, **please send a note home with students the week before a taste test is planned to avoid potential problems for children with allergies.**

Key elements

- Capture the attention of kids, teachers and staff.
- Use colorful signs and have the servers wear colorful aprons.
- Use simple messages. See below for quick themes and suggested activities.
- Choose a location where students and staff can easily stop, sample and talk to the servers.
- Give something to take home (recipes, tip cards or 5 A Day promotional items).

Tips

- Consider the time of day/week/year when planning. Offer seasonal produce.
- Arrange the taste test during a time that fits best in the school day.
- Decide on a memorable message and communicate it to every taster.
- Show students and staff something new and different.
- Tie it into a promotion in the cafeteria (such as a fruit or vegetable of the week).

Supplies: 5 A Day brochures, tip cards, recipe sheets, promotional items, serving dishes and utensils, napkins and toothpicks.

Common sense

- If experimenting with exotic fruits and vegetables, always sample them yourself first.
- Never leave the samples unattended.
- Have individual servings so that tasters don't "double dip".
- Serve the food yourself; don't let tasters help themselves.
- Be careful with electricity and cords.
- Maintain cleanliness and proper sanitation.
- Never answer questions if you don't know the answer.

Quick and simple messages to encourage tasting

Message	Suggested Activity
Drink 100% juice at breakfast for a quick and tasty serving of fruit.	Sample a variety of 100% fruit and vegetable juices.
Try a new fruit or vegetable in your salad.	Sample a variety of new and different salad ingredients with low-fat dressings.
Enjoy a healthy snack of fruits or vegetables.	Sample dried fruits, applesauce, cut vegetables with low-fat dip or dressing, exotic fruits (kiwi) and new types of canned fruit.
When you want something sweet for dessert, try fruit - it's naturally sweet.	Sample fresh, canned or frozen fruit served with mini scoops of low-fat frozen yogurt or ice milk or over angel food cake.