

ACTIVITY

Name That Fruit or Vegetable

Estimated Time:

20 minutes

Materials:

- 6–8 colorful fruits and vegetables that may look or taste unfamiliar to kids
- Dips or sauces (see instructions)
- Bowls for each food and any dips
- Serving spoons
- Pens or pencils

Handouts:

- Delicious Dips and Spreads, page 6
- Taste Test: Name That Food, page 7

TIP: Encourage kids to try the foods without the dips first to determine the foods' true taste.

In Advance

1. Purchase 6 to 8 fruits and vegetables that may look or taste unfamiliar to kids (e.g., jicama, squashes, mango, apricot). **Choose fruits and vegetables of many different colors.**
2. Cut each food into bite-size pieces and place a small amount onto each child's plate. Preserve at least one whole form of each fruit or vegetable, so that kids can see what it looks like.
3. Choose and prepare any dips or sauces from the **Delicious Dips and Spreads handout** to offer with the food samples. Set out dips in bowls and place a serving spoon in each bowl.

TIP: Consider lightly steaming vegetables, such as eggplant, that may taste bitter when eaten raw.

In Class

1. Give a plate with food samples to each child. Ask children not to try the samples until directed.
2. Point children to the **Taste Test: Name That Food worksheet**.
3. Hold up one whole fruit or vegetable and ask kids to name it. Have them write the correct name on their worksheet.
4. Pass the fruit or vegetable around the room and allow kids to hold and inspect it. Ask the kids to write on the handout what they notice about its color and shape.
5. Point kids to the sample on their plate that corresponds to the whole fruit or vegetable. As they try the sample, ask them to write down what they notice about the texture. Ask them to circle "Like It" if they like the taste or "I'll Try Again Later" if the fruit or vegetable was not appealing to them today.
6. Repeat this process for each of the fruits and vegetables. When the kids have tried all of them, ask them to vote for their favorites.
7. Ask kids to say why they liked certain fruits and vegetables more than others and to point out which ones were new to them. Explain that it's important to try new foods — you never know what you might like! Point out that sometimes you need to try new foods more than once to get used to the taste and decide if you like it. Also, people's tastes change over time — so next year you might like a food that you didn't like today.



















TIP: If working with younger kids, or if literacy is an issue, complete the worksheet as a group, instead of individually. Write kids' responses about color, shape, and texture on flip-chart paper for everyone to see.

TIP: Encourage kids to be as descriptive as possible as they describe each fruit or vegetable. Consider brainstorming words in advance and writing them on flip-chart paper. The word bank could include words like sweet, sour, tangy, creamy, juicy, squishy, thick, rough, heavy, thin, soft, smooth, delicate, bumpy, spongy, slimy, grainy, acidic, peppery, sticky, silky, delicious, flavorful, meaty, nutty, crunchy, hearty, firm, and so on.

TIP: You may wish to use the favorite item in a future class recipe.

Taste Test: Name That Food

Fill in the chart with information about the foods you taste in class.

Name That Food	Color	Shape	Texture	Taste
Example: Apple	Red	Round	Crisp	 Like It  Try Again Later
				 Like It  Try Again Later
				 Like It  Try Again Later
				 Like It  Try Again Later
				 Like It  Try Again Later
				 Like It  Try Again Later
				 Like It  Try Again Later
				 Like It  Try Again Later
				 Like It  Try Again Later

Fruit Taste Testing Ideas

With fruit it is important to buy in season to reinforce when produce is at the peak ripened state and lowest cost.

Below is a sample list of seasonal produce .

Winter	Spring	Summer	Fall
Nectarines Tangerines Clementines Passion Fruit Asian Pears Mangoes Pomegranate Turnips Bananas	Pineapple Papayas Rhubarb Currants Apricots Cherries	Figs Plums Peaches Gooseberries Cherry Tomatoes	Guava Avocado Raspberries Plums Apples

One way of going about a Taste test is to choose a variety of fruits from the same family.

For instance:

1. Apples, especially with kids buy a variety of different apples like Granny smith, Red delicious, and Jazz. Have the participants describe the differences among them, and choose their favorite.
2. The same can be done for citrus fruits. Buy Oranges, Tangerines and Clementines.
3. Pears,. Buy Asian, Bartlett, and Anjou.
4. In the summer choose between peaches, apricots, nectarines.

Another way to look at taste test is to buy different forms of the same fruit.

1. Buy canned, frozen and dried varieties.
2. Serve them in different forms, like spreads and smoothes, or with yogurt.

Add yummy yogurt dip to go along with the fruits. Sprinkle a little cinnamon drizzle with a bit of honey and serve them with toasted tortilla

Recipe for simple yogurt dip:

- 2 cups vanilla yogurt
- 1/4 cup honey
- 1 teaspoon ground cinnamon

Vegetable Taste Testing Ideas

Homemade Ranch Dressing:

- 1 cup Greek Yogurt (can also do ½ cup low fat mayonnaise and ½ cup light sour cream, or combination of)
- 2 Tablespoon fresh chives
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- If you like it thinner, you can thin it out with milk or buttermilk
- Other additions: 1 teaspoon Dijon mustard, splash of lemon juice
- Salt and pepper

Raw Vegetables:

Green pepper

Red pepper (contrast with green)

Pea pods or Sugar Snap Peas (ask, did you know peas come in a pod that is edible?)

Thin asparagus (ask, did you know that an asparagus plant will produce asparagus annually for decades?)

Radishes (spicy!)

Cooked Vegetables – Roasted vegetable taste test:

Beets – 45 minutes

Brussel Sprouts – 30 minutes (if large, cut in half)

Sweet Potatoes – 45 minutes

Parsnips – 50 minutes

Asparagus – 15 minutes

Eggplant – 35 minutes, or longer if large

Roast at 425° for times indicated above (or until cooked to desired tenderness), with olive oil, salt & pepper

Quick Cook Vegetables – Flash boil in salted water, or sauté with garlic, olive oil, sesame seed, soy sauce or any other seasoning of choice.

Flash boil veggies: Broccoli, green beans, snow peas, asparagus, pea pods

Saute veggies: Spinach, swiss chard, zucchini, summer squash, eggplant (cubed), winter squashes (diced)

Baked Potato Bar – Bake white and sweet potatoes and set up a toppings bar:

Broccoli florets, low-fat cheese, greek yogurt, chives, scallions, sautéed onions, etc.