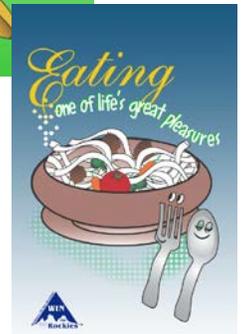


Blind (or not) Taste Tests

Fruit & Vegetable Tasting Activity



Objectives:

1. Learn how all the senses are involved when eating foods.
2. Sample fruits and vegetables that may be new foods for some participants.

Age:

8 years and older.

Length:

Approximately 15 to 20 minutes.

Supplies and Materials:

1. Small cubes of firm, white fresh produce – one of every item per person. Select 3 to 5 of the following: apple, banana, pear, turnip, jicama, potato, onion.
2. Blind folds such as bandanas or strips of fabric – one for every two people. (Optional, this activity can be done with or without blindfolds.)
3. Paper plates with one cube from each sample food – one plate per person.
4. Napkins or paper towels.
5. Large container of water (or water fountain) and small cups.
6. Whole produce to show at the end – one of each item.

Special Considerations:

Food Allergies: Be aware that some participants may have food allergies. If feasible, remove those foods from their sampler plates or have them be your helpers in distributing supplies for the activity.

Food Dislikes: Some participants may dislike a food they taste. Encourage them to politely discard the food into their napkins and not on the ground.

Activity Directions:

1. Distribute a sampler plate, napkin, and small cup to each participant. If using blindfolds, distribute one for every two participants.

2. Ask participants to find a partner.
If using blindfolds: One person wears the blindfold for the first half of the sampling and the other person wears the blindfold for the remaining cubes.
3. Instruct participants to sample items one at a time using the following script:
Examine the first cube with your eyes, if not blindfolded. Think about what it might taste like. If you are blindfolded, ask your partner to tell you which cube to pick up.

Smell the cube. Can you tell what it might be? Share only with your partner.

Pinch your nose closed. Place the cube in your mouth and chew. Can you taste it? After a few seconds, let go of your nose. Now, can you taste it?

What is the food?
4. Once they have guessed, tell them what they just tasted and show the whole produce item.
5. Repeat with remaining samples.
6. Ask what they found interesting about this activity. Highlight the role of each of the five senses in tasting and eating food.

Take Home Tidbit

Take home slip says the following:

“Ask me about what happened when I held my nose while tasting different fruits and vegetables during the WIN Kids Fun Day.”

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