



SUGGESTIONS FOR CLASSROOM TASTINGS

If you have not already done so, it's a good idea to set some ground rules for classroom tastings. Here are a few recommendations that have worked for teachers in the past. If you have additional suggestions, please share them with us - office@greenbeetz.org

- **Encourage everyone to try the snack.** They do not have to finish it, but their job in the classroom is to taste. You can tell them they can put on their “chef” hats or enter into chef mode to inspire them to change roles and open up to trying something new.
- **Remind students not to use negative words.** Negative comments may influence other classmates. They can simply say it's not for them or they don't enjoy the flavor or texture, etc but not to generically “insult” the snack.
 - Give examples of descriptive language to talk about food. Offer your students some fun descriptive words, such as:
 - Juicy, sweet, sour, tart, explosive, delicious, moist, dry, crunchy, soft, mooshy, sticky, soft, soggy, spicy, ...
 - Words such as gross, nasty, bad, good, nice are not descriptive and have no place in a tasting.
 - Try using catch phrases like, “Don't Yuck My Yum.”
- **Enjoy the snack together as a class.** Wait until everyone is served before taking a bite. Some classes have a ritual around their snack, such as saying, “*Bon Appetit!*” or singing a short song. This brings everybody's focus to the snack.
- **Take part as the teacher.** You are an important role model for your students.
- **Don't be afraid of a little reverse psychology!** Introduce the food as a bit of a challenge and compliment them for having a well-developed palate.
- **Taste buds are constantly changing and adapting to new flavors and textures:**
 - It takes many exposures to change your taste buds preference, but it *does* happen. So even if your student knows they don't like something right now it's very important that they try – eventually, with exposures, their taste buds can change and they may like the food in the future. Share with them foods you didn't like as a kid but like now (common ones are olives, tomatoes, pickles, etc). And ask them if there are already foods they didn't like in the past but do now?