



FFVP Sensory Tasting Lesson Plan

Make FFVP snack time count with just a few minutes of classroom time! Promote healthy and adventurous eating habits by encouraging students to think critically about food (beyond whether they LIKE or DISLIKE it) and learning together about the fruit or vegetable that you're eating.

Part 1: General Fruit/Veggie Information

As a class or in groups, think about:

- Where did they originate?
- Where do they grow today?
- How are they eaten or used in cooking?
- What nutritional value do they have?



Part 2: Sensory Tasting

- 1) Initial observations: have students look at food and make observations about what the food looks like (Does it resemble other food items? Can they predict what it will taste like?)
- 2) Tasting: have students try the food, then have everyone share *one word* that describes the food (preferably one that someone else hasn't already shared). This word can describe what the food tastes, smells, feels, sounds, or looks like. The word should *not* describe how they feel about the food item (ie. whether they like it or not).
- 3) Acquiring tastes: talk about how taste buds and taste preferences are always changing. What students like today might not be what you like when you are older. Encourage students to always try things more than once, because it might take several times to acquire a specific taste for something.

Additional Activities for Students:

- Plan a meal using the featured item
- Draw a picture of their dream garden, with favorite fruits and veggies
- Write a haiku describing the food item
- Write two rhyming sentences describing the food item
- Draw a positive advertisement for the food item