



TRUE FOOD TASTE TEST!



Bryn Mawr students carefully observe & taste kale salad samples

GOALS: The goals of the taste tests are to encourage students to be adventurous eaters, and think critically about food beyond LIKE vs. DISLIKE.

WHERE: In your school's lunchroom! Taste tests will take place at K-5, K-8 and middle schools.

WHEN: Three times each year (generally November, January, March). Each taste test is during lunch, after students have their meals and are seated.

WHAT: Everyone in the lunchroom (students and adults) is offered a small sample of a flavorful recipe. Students are prompted to think about the dish – *does it remind you of something you've had before? Do you recognize the ingredients? What flavors do you taste? What colors do you see? What does the texture remind you of?* Those who try it get a cool taste test sticker.

WHO: Planning is done primarily by MPS Culinary & Wellness Services, with help from a Point Person and the lunchroom manager at each school. Taste test helpers (teachers, staff, parents, students, or community members) prepare and distribute samples, pass out stickers, and engage with students.



The Taste Test team at Northrop prepare samples of Tic Tac Taco Salad



Beacons students hand out samples to peers at Nellie Stone Johnson

NEW NAME CONTEST: Students who try a sample can submit an idea for the New Name Contest. The winning name for the dish will be on the menu when we serve it next. For example, Spring Quinoa is now *Cosmic Quinoa!*

EDUCATIONAL MATERIALS & RESOURCES: MPS Culinary & Wellness Services posts a variety of resources on the True Food Taste Test website, including sample newsletter blurbs and mini-lessons tied to Math, Science, History & Language Arts.

QUOTES:

- *"I love that it introduces real foods to the kids-it's a fun way to engage with the kids about healthy eating and creative thinking."*
- *"One teacher came up telling us his students made him come try it. I received an email from a parent last night who asked for the recipe because her son came home raving about it. We included a link in the newsletter sent home so families can make it again."*
- *"I appreciate the opportunity for kids to try things they may not have a chance to at home."*



Chefs from our [True Food Chef Council](#) help out during the Taste Tests!

Questions? Contact Kate Seybold, Farm to School Coordinator
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