

Food Tasting 1: Berry Orange Infused Water



Overview

¡Miranos! Food Tastings are designed to introduce children to new foods in a fun, non-stressful way. The children learn about the new food they will try throughout the week during small lessons. This builds excitement and curiosity for the day when the food will be tried. Food tastings should occur at the end of the week after all lesson material has been presented.

Please see the ¡Miranos! Food Tastings Training manual and Food Tasting Training Video for guidance and practical tips for implementing food tastings in your center.

[Food Tasting Training Manual](#)

[How to Food Tasting Video](#)

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Classroom Lesson

Complete any day or over multiple days before the tasting

Supplies Needed:

- Mystery Box
- Orange
- One Tea bag
- One clear cup

1. Mystery Box

Start your lesson using the Mystery Box.

- Hide the orange sent by the central kitchen in your mystery box. Do not let the children see what it is.
- Tell the children you have a fruit or vegetable hidden in the box.
- Pass the box around and let each child feel the orange inside.
- Ask them the following questions:
 - What do you feel? Is it hard, soft, smooth, bumpy?
 - Have the children guess what they think it is.
- After you have explored the orange in the box, take it out and show it. Talk about its shape, color, it is a fruit.

2. Fruit Facts

- "Oranges contain Vitamin C which prevents you from getting sick and helps your cuts heal. Fruits and vegetables keep you healthy!"*
- [Show image 1.](#) *"Oranges grow on trees. This is what an orange looks like sliced open."*
- When you eat one whole orange (not the peel) you receive all the vitamin C you need for one day!
- "Did you know that another fruit called berries are blue and red in color?."* [Show image 2.](#) Point out each berry, identify it's name. Let children comment on what they see.
 - Point to strawberry. Strawberries are the only fruit that wear their seeds on the OUTSIDE!
 - The average strawberry has 200 seeds.

3. Water Facts

- Water helps keep your body from getting too hot (maintain body temperature), helps you digest your food and keeps your organs and muscles healthy.
- Nearly every food you eat or drink provides water to your body.
- Over half your body is made of water! (The human body is approximately 60% water.)
- Pure water does not have a taste or smell



- I. If pure water does not have a taste or smell, how can we add a taste or smell?
- II. You can add something to water.
- III. **Infusion** is when add something to a liquid, so that the liquid can absorb the flavors.
 - a. Has anyone added something or know of someone who added flavor to their drinking water? If so, what is their favorite thing to add?
 - b. Can anyone name a type of infused drink? Tea is an example.

4. Infusion Example

- a. Add your tea bag to warm water in a clear cup, dunk the tea bag until it starts diffusing. Explain to the children what they are seeing (color & flavors combining with water) is Infusion.
 - I. This is what happens to infused water.

5. End Lesson

- a. This week, we are going to taste BERRIES AND INFUSED WATER!
[Show image 3.](#)



Image 1





Image 3





Recommended CACFP Snack to accompany the food tasting (per child):

- 2 saltine crackers
- ½ cup mixed berries
- infused water (not CACFP approved)

CACFP Snack Crediting Information:

- Infused water does not count toward any CACFP requirement

Central Kitchen Ordering Guide

1 Gallon of Infused Water will serve 16-20 children (use 1 gallon pitcher)

(Fill chart with appropriate information for your center)

Finished Product	Amount per child	Supplier	Product Name	Category	Product Number	Size	Cost	Quantity Needed
Infused Water	8 oz water		Frozen Four Berry Blend	Fruit Frozen				1 lb per gallon
Infused Water	8 oz water		Orange fresh	Fruit		1 each		1 orange per gallon
Fruit: Berries for Snack	½ cup per child		Frozen Four Berry Blend	Fruit Frozen				
Grain for Snack	2 saltines per child		Saltines Crackers	Grains				
Deliver these supplies to center teacher in a brown lunch bag. (For classroom lesson)								
Classroom tasting lesson			Paper Lunch Bags	Paper Goods				1 bag per classroom
Classroom tasting lesson			Whole Orange, fresh	Fruit		1 each		1 per classroom
Classroom tasting lesson			Ready to Brew Tea bag	Tea Beverage				1 tea bag per classroom
Classroom tasting lesson			Clear Cup, 9 oz	Paper Goods				1 cup per classroom

Central kitchen will send brown bag items at the beginning of the week of the food tasting. The teacher will use the items for the classroom lessons.

For each classroom, please place all items in brown bag mark "For Teacher".



Berry Orange Infused Water

Scoop Size (Serving Size) 8 oz

Ingredients	1 Pitcher of water per classroom				Directions
Frozen Mixed Berries, thawed	2 cups				PREPARE 1 DAY PRIOR TO SERVING
Whole Orange, sliced 1/4"	1 small or 1/2 large orange				For each pitcher:
					1. Place thawed berries and orange slices in
					2. Fill with cool tap water
					3. Refridgerate overnight

Meal Pattern Contribution - does not fulfill CACFP Guidelines

Meat/Meat Alternate	Grains		Vegetable		Fruit



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Berry Orange Infused Water Preparation

FOOD SERVICE STAFF - Instruction for preparation and delivery

PREPARE ONE DAY IN ADVANCE!

1. Fill each pitcher with pre-determined ingredients
2. **Store overnight in the refrigerator.**
3. Transport pitchers, fruits, vegetables to sites the day of the food tasting.

Center Nutrition Staff

1. Refrigerate all items or keep in coolers until served.
2. Portion out berries for each classroom.
3. Deliver to classroom at snack time:
 - a. Infused Water Pitcher
 - b. Mixed Berry with Oranges Salad with a **4 oz – ½ cup Spoodle**
 - c. All other corresponding snack items (crackers, etc.)
 - d. Paper goods, plates, cups, etc

Classroom Tasting Instructions



Supplies Needed:

- Snack items from center nutrition staff
- Participation stickers “I TRIED ...”
- Coordinating Tasting Handout to send home with parents.

Tasting Guidance

1. *“Today we are going to taste Berry Orange Infused Water!”*
 - TIP! Please do NOT call the water “juice”. Children perceive juice as being sweet. Infused water is not sweet!
2. Pass out cups for water and plates for fruit to children.
3. Pour infused water into cups
4. **Allow children to one scoop (½ cup) Mixed Berries and any other items brought for snack**
5. Allow kids to taste water and fruit
6. Questions to ask (Water and Mixed Berries)
 - *How does it smell? Do you smell the fruit in the water? Do the berries smell sweet?*
 - *How it tastes: Water & berries (Sweet, sour, soft, crunchy)*
 - *Did they like it or didn’t like it.*
7. **Recall facts from the lesson:**
 - *Ask: “Remember Oranges and Berries have Vitamin C. What does Vitamin C do for us? (Helps keep us healthy)”*
 - *“Remember Water keeps our body from getting too hot.”*
8. **Reluctant Children**
 - If children are reluctant to try the infused water. Have them smell it. “You can smell the strawberries and oranges”, “They smell delicious!”.
 - If they are reluctant to eat the berries or drink the water, have them touch and smell them. What do you smell? Do the berries smell sweet?
 - **Reaffirm that it is okay if children do not want to try the infused water, or berries and offer positive encouragement and praise for smelling and touching the items.**

9. End the Tasting

- For the entire class offer lots of encouragement and praise for trying something new.
- Remind the class that infused water is a fun and tasty way to add flavor to their water.

10. Pass out stickers “I tried infused water”.

11. Clean up

**Do not forget to give the coordinating parent handout to parents at pickup.*



Berries and Orange Water

Preparation: About 10 minutes

Infusion Time: 12-24 hours

Serving: 16, 8 ounce cup servings

What You'll Need:

- 1 Gallon Pitcher
- 1 lb (16 oz) frozen or fresh mixed berries
- 1/2 sliced medium orange with rind
- Cups

Directions:

- Rinse all fresh berries and orange.
- Cut orange into slices.
- Add fruit and ½ orange slices to pitcher and fill with water.
- Place the pitcher in the refrigerator for 12-24 hours to allow flavors to infuse.
- Enjoy!

Fun Facts!

- Berries and oranges are good sources of vitamin C which keep your immune system strong and help cuts heal.
- The human body is made up of 60% water!
- Pure water has no taste or smell!
- 3-4 year olds require 5-7 cups of water each day.



LITTLE HELPERS

Children can help add the fruit and water to the pitcher.



DID YOU KNOW?

An orange is a type of citrus fruit and it is grown during the winter.

