

## Food Tastings

### Summary

There are 6 food tastings included in the ¡Miranos! program. These 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 Video](#) for guidance and practical tips for implementing food tastings in your center.

### Educational Lessons for Teachers to Present

The food tasting lessons are small lessons that discuss the food that will be tried on tasting day. The children will learn how the food is grown, what it looks like in it's natural state and other fun facts. **The teacher should present the lesson material throughout the week in small mini lessons according to the attention span and needs of their classroom.** These lessons work well during circle time or story time. A mystery box or even just a simple bag can be used to hide the whole food item that will be explored. Here is an example of a mystery box.

<https://www.lakeshorelearning.com/products/ca/p/RJ27/>



The mystery box is used to give children the opportunity to touch the food and “guess” what it is. This builds excitement and curiosity. The food item can also be passed around; encourage children to feel and smell the food (i.e. a whole jicama, bell pepper, pineapple, etc.)

## Planning for Food Tastings

The ¡Miranos! master schedule and curriculum lesson planning tool indicate when to conduct the food tastings. Planning for the food tastings should occur in advance because whole fruits and vegetables must be purchased for the food exploration during the lessons (for children to touch, smell, etc.), and the actual foods the children will consume for the tasting must be purchased before they are needed. General guidance for procuring food items is provided but the center will need to calculate how much food they will need for their center(s) according to the number of children they serve.

## Child and Adult Food Care Program (CACFP) Snacks

The ¡Miranos! program coordinates food tastings into snacks. These snacks meet the Child and Adult Food Care Food Program (CACFP) snack guidelines. In some cases, additional foods are added to fulfill these guidelines. There are food ordering guides for the food tastings, and preparation instructions kitchen staff can follow.

## Food Tasting Day!

Food tastings should occur at the end of the week after all lesson material has been presented. In the ¡Miranos! research program stickers were used as “awards” for the children who participated in the food tasting in any way (even if they only smelled the food – see the ¡Miranos! Food Tasting Video). Stickers were created at <https://www.stickeryou.com>. Any **non-food award** can be used to award the children for their participation. Parents are encouraged to attend the food tastings at the center. Parents should be given the coordinating handout about the food tasting with a recipe to try at home with their child.

## Incorporate New Foods into Center Menus

After completing the food tasting lessons and trying the new food, incorporate the new food into the center’s menu cycle. The food can be served individually or as part of a recipe (ie fruit salad). When the child sees the food at meal time, remind them of what they learned about the food and the actual food tasting they experienced. Whether a food tasting or a new food at meal time, the child should be allowed to explore as much or as little as they want of the new food. There should be no pressure or “threats” to eat or try new foods. (see [¡Miranos! Food Tasting Video](#))



## ¡Miranos! Food Tastings

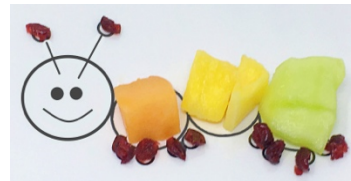
### **Food Tasting 1: Berry Infused Water** (oranges and mixed berries)



### **Food Tasting 2: Veggie Suns** (jicama and carrot sticks with hummus)



### **Food Tasting 3: Fruit Caterpillar** (fresh cantaloupe, honeydew melon, pineapple, and dried cranberries)



### **Food Tasting 4: Pepper Flowers** (red and green bell pepper slices with hummus)



### **Food Tasting 5: Ladybugs on a Log** (celery sticks, dried cranberries and sunflower butter “SunButter®”)



### **Food Tasting 6:** **Cucumber Blueberry Turtles** (cucumber slices and blueberries)

