

Food Tasting 4: Pepper Flowers and Hummus

(Red and green bell pepper strips and hummus)



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 content 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
- Green Bell Pepper provided by Central Kitchen



1. Mystery Box

Start your lesson using the Mystery Box.

- Place a raw whole green bell pepper inside the box.
- Let all children feel the vegetable without peeking!
- Talk to them about what they are feeling. Is it smooth? Soft? Hard? Have the children guess what they think it is.
- After you have explored the green bell pepper in the box, take it out and show it. Talk about its shape, color, it is a vegetable. [Show Image 1](#)

2. Vegetables & Health

Talk about the importance of vegetables to general health

- Eating vegetables is important to keeping our eyes, skin and total body healthy!
- Vegetables contain a lot of nutrients, vitamins and minerals.
- All these nutrients help keep us healthy and prevent us from getting sick.

3. Vegetable Fun Facts:

- Bell peppers grow from seeds that are planted in the ground. [Show image 2.](#)
- When you slice a bell pepper you can see the seeds!
- Bell peppers comes in many colors. Red, orange, yellow, green, and purple. [Show image 3.](#)
- Red bell peppers are sweeter than green ones.
- Bell peppers are a good source of vitamin A which keeps your eyes healthy.
- Hummus contains protein which helps your muscle stay strong!

- End lesson:** This week will be tasting Pepper Flowers and Hummus! [Show image 4.](#)



Image 1





Image 2



Image 3



Image 4



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

- ¼ cup red bell pepper strips
- ¼ cup green bell pepper strips
- 1/8 cup/2Tbsp Hummus



CACFP Snack Crediting Information:

- ½ cup vegetable
- 1 meat alternative

Central Kitchen Ordering Guide

Ordering Guide Central Kitchen

(Fill appropriate information for your center)

Finished Product	Amount per child	Supplier	Product Name	Category	Product Number	Size	Cost	Quantity Needed
Veggie for Snack	¼ cup		Red bell pepper strips	Fresh Vegetable				
Veggie for Snack	¼ cup		Green bell pepper strips	Fresh Vegetable				
Meat alternative for Snack	1/8 cup		Hummus					
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 Green or Red Bell Pepper, fresh	Vegetable		1 each		1 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".

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

- ¼ cup red bell pepper strips
- ¼ cup green bell pepper strips
- 1/8 cup/2Tbsp Hummus



Pepper Flowers Preparation instructions

Center Kitchen Supplies Needed

- Plates
- Napkins
- Serving pans
- **1/8 cup (1 oz) serving spoon**
- **Tongs**
- Cups (for water)
- Water pitcher

Food Items Needed

- Red & green bell pepper slices
- Hummus

Instructions for Center-Nutrition Staff

- Store peppers and hummus in refrigerator or coolers until served.
- Portion out peppers for each classroom (they can be mixed in one container)
- At snack time deliver peppers and hummus along with:
 - Papergoods, plates, napkins
 - 1/8 cup (1 oz) serving spoon
 - Tongs
- Remind Teacher that each child will receive **½ cup mixed peppers (small handful) and 1/8 cup (2 Tbsp) hummus**

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 red and green bell peppers and hummus. We are going to shape them into a flower before we eat them!
2. Pass out plates and cups for water to children.
3. **Have children take ¼ cup red peppers and ¼ cup green peppers.**
4. **Give 2 Tablespoons hummus to each child.**
5. *Children can make as many flowers as they wish with their snack portion.*
6. Allow children to make their pepper flowers. **Show image again if needed.**
7. Allow kids to taste
8. Questions to ask
 - *How it tastes (Sweet, sour, soft, crunchy)*
 - *Did they like it or didn't like it.*

Reluctant Children

9. If a child does not want to eat the vegetable or fruit, encourage them to smell it (“does it smell sweet”), ask them to touch it (“it is cool and soft to touch”)
 - **Reaffirm that it is okay if they do not want to try the vegetable or fruit and offer positive encouragement and praise for smelling and touching the new food.**

End the Tasting

10. For the entire class offer lots of encouragement and praise for trying something new. Children will receive a food tasting sticker if they tasted, smelled, or touched the food.
11. Remind them that eating vegetables and fruit of all different colors like peppers and hummus help keep their bodies healthy.
12. **Pass out stickers “I tried pepper flowers”.**
13. Clean up

****Do not forget to give the coordinating Parent Handout to parents at pickup.***

Pepper Flowers and Hummus

Preparation: 15 minutes

Serving: 2 flowers

What You Will Need:

- 1 red bell peppers
- 1 green bell pepper
- Hummus, ¼ cup
- Plate
- Knife

Directions:

- Wash the red and green bell pepper with cold running water.
- Slice the bell pepper lengthwise.
- Place a dollop of hummus on a plate.
- On the plate with your child's help, arrange slices of red bell peppers around a dollop of hummus as the flower and the green bell pepper slices as the stem and leaves.
- Enjoy!

Fun Facts!

- Children are more likely to try new foods if they help prepare the snack or meal!
- The longer bell peppers ripen, the sweeter they get!
- Bell peppers can be stuffed and baked, grilled, roasted, and served in salads!



LITTLE HELPERS

Children can help
wash the bell
peppers.



JOKE CORNER

What vegetable
says "Ding-a-ling
give me a ring?"

Bell Peppers!

