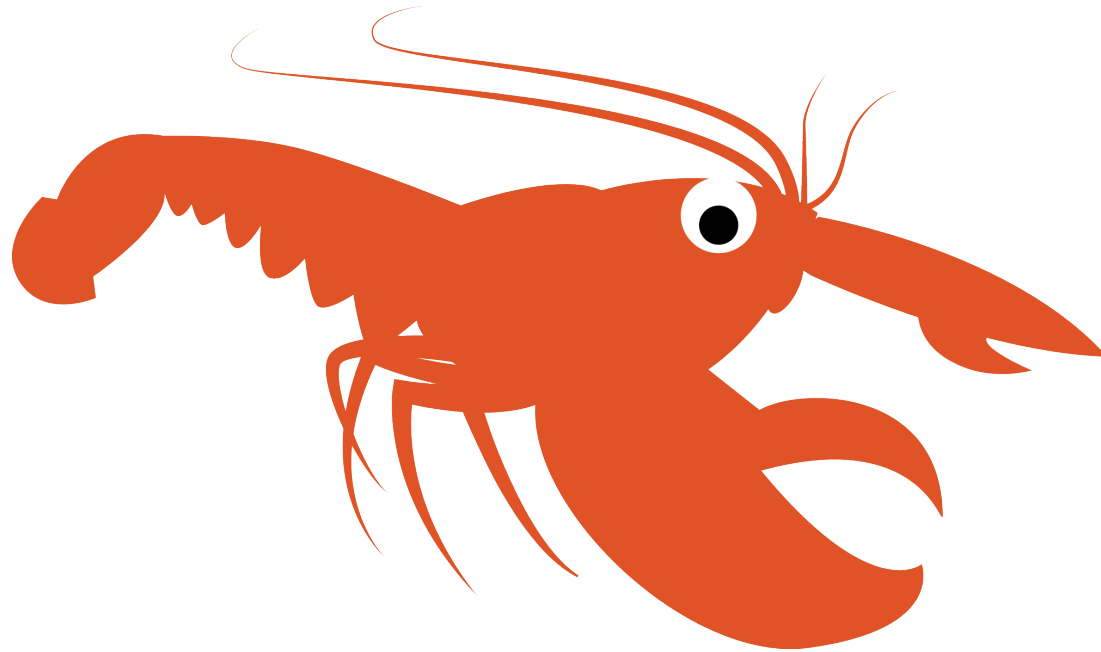


Organising tasting



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Get ready

- ❑ Send home permission letters to check for allergies, religious or cultural reasons why children may not be able to taste certain foods.
- ❑ Check the returned letters and take any action necessary regarding what can be tasted by the class in the light of parent/carer responses.



Get the equipment ready

- ❑ **Serving plates** - for the samples
- ❑ **Serving spoons** – for the samples
- ❑ **Tasting plates** – one per child to place the food being tasted
- ❑ **Tasting equipment, e.g. spoons, forks** – one per child
- ❑ **Paper towels** – in case tasters need to remove food from their mouths
- ❑ **Cups of water** – one per child for cleansing pallet between samples



Get the food ready

- ❑ Buy the foods you will be tasting.* Check the date marks to make sure the food will be in-date when it is needed.
- ❑ Store the foods correctly until the tasting session, e.g. refrigerate.
- ❑ Just before the tasting session, prepare small sample-sized pieces of the food safely and hygienically.



*Samples will be small so you'll only need a little!

Get the tasters ready

Explain to the children:

- ☐ Hands need to be washed and dried before tasting.
- ☐ Samples must be served with one piece of equipment and eaten with another (children must not serve food with the same cutlery/equipment they eat with).
- ☐ Use your senses to explore the food sample – look, smell, touch and taste.



Get the tasters ready

continued...

- ❑ Food that cannot be swallowed can be discreetly removed from the mouth with a paper towel. This can then be thrown away and the taster must re-wash their hands.
- ❑ Sip some water between each sample to clear your mouth.



Get tasting

- ☐ Take a piece
- ☐ Look
- ☐ Smell
- ☐ Taste
- ☐ Talk about your experience!



Tasting words

flaky

firm

soft

mild

juicy

strong

spongy

sweet



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