



Dear Teacher,

This year, CalFresh Healthy Living, University of California (UC) will work or has worked with you to provide nutrition and physical activity lessons. Our goal is to teach children about healthy eating habits to help them stay healthy and perform well in school. Our program is funded by USDA and is free to your school.

To find out how well our lessons work, we plan to ask your students how they like the healthy foods offered in class. We also plan to ask you about changes that you have seen. For example, *can more students identify healthy food choices or for younger children can they identify two or more vegetables*. If you were to participate in a CalFresh Healthy Living, UC training, we might also ask you to complete a feedback survey. The surveys are very brief and will not take more than 10 minutes to complete. However, completing the surveys is completely voluntary and will in no way affect your classrooms participation in CalFresh Healthy Living, UC.

If you have any questions about the surveys, just ask us!

Name of your local CalFresh Healthy Living, UC educator: _____

Phone number: _____

You may also contact our CalFresh Healthy Living, UC State Director: Kamaljeet Khaira, University of California at Davis, 1632 DaVinci Court, Room #31, Davis CA 95618 (530) 752-0555

If you have any concerns or complaints about our CalFresh Healthy Living, UC evaluation, you may also contact the Institutional Review Board, University of California at Davis at (916) 703-9151, from 8:00 a.m. to 5:00 p.m., Monday through Friday, or by writing to the Institutional Review Board, CTSC Bldg., Suite 1400, Rm. 1429, 2921 Stockton Blvd., Sacramento, California 95817

CalFresh Healthy Living, UC - Preschool/Kindergarten/Taste Test Tool

Teachers: Before offering a food, remember to check that there are no allergies or other reasons (medical, religious, etc) that would prohibit offering the food.

Supplies: handwipes or hand sanitizer, napkins, Poster (Did you eat it?), individual pre-prepared samples of a target food.

1. Choose a good time to offer the food, usually after a playtime outside or before lunch or snack when children are likely to be hungry.
2. Choose 6 or fewer children at a time to taste the food. Say: "Today, we are to have a fun by tasting a new food. But first, we have to wash our hands".
3. Invite the children to sit around a small table. Sit with the children. Ask: "Why did we have to wash our hands before eating?"[We need to get rid of germs that might make us sick]
4. Hand out one napkin to each children. Say: " I am going to give everyone a _____. Please wait quietly until everyone has a piece before touching the food." Ask: "how many napkins with food do we need for all of the children?"

A. Teacher: Write here the number of children at the table _____

5. After all children have a piece, ask some questions about the food. For example, ask: "What color is the food? Is it rough or smooth? Is it wet or dry? Does it have a smell? Have you ever tasted it before? Does anyone know what this food is?"
6. Encourage the children to taste the food. Say: "Now, let's see together what our tongues can find out about this food. How does it taste? Is it sweet, salty, or sour? When you eat the food, do you hear a sound? Is the food crunchy?"
7. Remind the children that they do not have to eat all of the food if they do not want it. Say: "if you do not want to eat all of the food, please quietly put the rest on your napkin".
8. After all the children have had enough time, say: "Now, let's find out how many children ate the food. Look at all the napkins. How many children ate their food?"

B. Teacher: Write here the number of children ate the food (check napkins)_____

9. Say: "Next, let's find out how much you liked the food. Who liked the food? Who liked it so much that you would eat it again on another day?"

C. Teacher: Write here the number the children who would eat it again_____

10. Say: "Is there someone in your family who would like this food? What can you tell him or her about this food? Thank you for tasting the food. Now, let's all help clean up and put the napkins in the wastebasket