



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, 1651 Alhambra Blvd, Suite 130, Sacramento, CA 95816 (916) 450-2800

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.

This is a guide for taste testing and completing the evaluation form. We ask that teachers follow the guide and complete the form carefully, so that we can evaluate the effect of food tasting activities on children's acceptance of healthy foods.

- The process described below takes about 15 minutes after students have washed their hands or used hand sanitizer.
- The Teacher Taste Testing evaluation should be completed using this form. Please return it to your CalFresh Healthy Living, UC program representative.

**Background:**

Children can learn to like healthy foods if they have many opportunities to taste these foods in an environment without pressure. Children who are willing to try the food again in class are more likely to ask for these foods at home. What children like to eat determines what they will eat.

**Process:**

1. Check if your students are allergic to any food items. **If a student is allergic** to any of the foods to be offered, **remind him or her not to eat that food.**
2. Keep a clean food environment.
  - a. Have students wash their hands or use hand sanitizer. Please remember hand sanitizers do not remove dirt from little hands!
  - b. Wash your hands.
  - c. Use serving utensils or food service gloves.
  - d. Keep cold foods refrigerated or in an ice chest until it is time for the food tasting. Do not let perishable foods (like cut produce, protein foods, dairy products, dips, etc) sit out longer than 2 hours.
3. Set the tasting environment with a few rules so that students do not influence the response of others. To record students' responses accurately and to prevent students from influencing one another, one of the following methods may be used:
  - Heads down, thumbs up
  - Whiteboards or sheets of paper with 'yes' or 'no' answers held up
  - Post-it notes on a chart

You may want to use an explanation as described below for your students but feel free to change the wording to make it appropriate for your class.

"Today we are going to try a new food. I am going to ask you a few questions about it once you have tried it. While we are all trying the food, please listen carefully.

Since we don't want to "yuck anyone else's yum" let's not make any faces or comments about the food until we have answered all of the questions. \*yuck anyone else's yum means not to make other people think a food tastes bad just because we don't like it as much.

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# Youth Taste Testing Tool (Youth TTT)

Please fill out completely and return to UCCE Educator.

The CalFresh Healthy Living, UC program staff thank you for contributing to our evaluation efforts. This information will be used to improve our classroom activities.

<b>School/Site:</b>		<b>County:</b>	
<b>Number of students in class today:</b> <i>(enter number in digits as in 10)</i>		<b>__ __ students</b>	
<b>Grade:</b> <i>(choose what best fits your class)</i> <input type="checkbox"/> Preschool <input type="checkbox"/> TK/K-Grade 2 <input type="checkbox"/> Grades 3-5 <input type="checkbox"/> Grades 6-8 <input type="checkbox"/> Multiple/Mixed Grades	<b>Please indicate which nutrition curriculum was used in this class:</b> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"><input type="checkbox"/> CATCH</div> <div style="width: 50%;"><input type="checkbox"/> Great Garden Detectives</div> <div style="width: 50%;"><input type="checkbox"/> It's My Choice...Eat Right! Be Active</div> <div style="width: 50%;"><input type="checkbox"/> Power Play!</div> <div style="width: 50%;"><input type="checkbox"/> Cooking Academy</div> <div style="width: 50%;"><input type="checkbox"/> Grow it! Try it! Like it!</div> <div style="width: 50%;"><input type="checkbox"/> Learn it, Grow it, Taste it!</div> <div style="width: 50%;"><input type="checkbox"/> ReThink Your Drink</div> <div style="width: 50%;"><input type="checkbox"/> Discover MyPlate</div> <div style="width: 50%;"><input type="checkbox"/> Happy Healthy Me</div> <div style="width: 50%;"><input type="checkbox"/> Learn, Grow, Eat, Go</div> <div style="width: 50%;"><input type="checkbox"/> SPARK</div> <div style="width: 50%;"><input type="checkbox"/> Discovering Healthy Choices</div> <div style="width: 50%;"><input type="checkbox"/> Harvest of the Month</div> <div style="width: 50%;"><input type="checkbox"/> Let's Eat Healthy</div> <div style="width: 50%;"><input type="checkbox"/> TWIGS</div> <div style="width: 50%;"><input type="checkbox"/> EatFit</div> <div style="width: 50%;"><input type="checkbox"/> Healthy Kids Outside of School</div> <div style="width: 50%;"><input type="checkbox"/> My Amazing Body</div> <div style="width: 50%;"><input type="checkbox"/> UP4it</div> <div style="width: 50%;"><input type="checkbox"/> Farm to Fork</div> <div style="width: 50%;"><input type="checkbox"/> Nutrition To Grow On</div> <div style="width: 50%;"><input type="checkbox"/> Other (<i>specify</i>): _____</div> <div style="width: 50%;"><input type="checkbox"/> Go, Glow, Grow</div> <div style="width: 50%;"><input type="checkbox"/> Nutrition Pathfinders</div> <div style="width: 50%;"><input type="checkbox"/> Good for Me and You</div> </div>		
<b>Enter the date the food was tasted in class:</b> <i>(MM/DD/YYYY)</i>		__ / __ / ____	
<b>Name the <u>target food</u> tasted by students in class today:</b> <i>(List one food only – e.g. avocado, almonds, yogurt)</i>			
<b>Name the <u>target food recipe or form</u> tasted:</b> <i>(e.g. sliced avocado, guacamole, almond trail mix, yogurt parfait)</i>			
<b>How was the food presented?</b> <i>(Choose the best answer)</i> <input type="checkbox"/> Raw, plain, served on its own <input type="checkbox"/> Cooked, plain, served on its own <input type="checkbox"/> Dried/roasted, plain <input type="checkbox"/> Dried/roasted, with added ingredients (e.g., sugar, spices, oil, etc.) <input type="checkbox"/> Raw, paired with other food/in a recipe (e.g., paired with dip or dressing; included in a yogurt parfait, smoothie, salad, etc.) <input type="checkbox"/> Cooked, paired with other food/in a recipe (e.g., soup, stir fry, roasted vegetables, etc.)			

**After the students have tried the food, ask the following questions and record the results below.**

*Note: If you are providing more than one food at a tasting, ask the questions about only one food at a time. If time does not allow asking about all foods, ask about the food that is least familiar to the children.*

	# students
<b>1. Before today's class, how many of you have tasted &lt;target recipe/form e.g. guacamole&gt; before?</b>	
<b>2. How many students ate (or tasted) &lt;target recipe/form e.g. guacamole&gt; today?</b>	
<b>3. How many of you are willing to eat &lt;target recipe/form e.g. guacamole&gt; again?</b>	
<b>4. How many of you are willing to ask for &lt;target recipe/form e.g. guacamole&gt; at home?</b>	

<b>Other Comments:</b>
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