

UNIVERSITY OF CALIFORNIA



cal fresh Nutrition Education

Dear Teacher,

This year, the University of California CalFresh Program (UC CalFresh) 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 UC CalFresh 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 the UC CalFresh program.

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

Name of your local UC CalFresh educator: _____

Phone number: _____

You may also contact our UC CalFresh State Director:

Kamaljeet Khaira, University of California at Davis, One Shields Ave, Davis CA 95616
(530) 752-0555

If you have any concerns or complaints about our UC CalFresh Nutrition 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 material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

Teacher Taste Testing Process Guide

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 UC CalFresh 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.

UC CalFresh Youth Taste Testing Tool (Youth TTT)

Please fill out completely and return to UC CalFresh Educator.

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

School/Site: _____ County: _____

Number of students in class today: _____ students
(enter number in digits as in 10)

<p>Grade: (choose what best fits your class)</p> <p><input type="checkbox"/> Preschool</p> <p><input type="checkbox"/> Kindergarten</p> <p><input type="checkbox"/> Grades 1-3</p> <p><input type="checkbox"/> Grades 4-6</p> <p><input type="checkbox"/> Grades 7-8</p> <p><input type="checkbox"/> Multiple/mixed grades</p>	<p>Please indicate which nutrition curriculum was used in this class:</p> <table style="width: 100%;"> <tr> <td><input type="checkbox"/> Go, Glow, Grow</td> <td><input type="checkbox"/> TWIGS</td> <td><input type="checkbox"/> Other (specify): _____</td> </tr> <tr> <td><input type="checkbox"/> Happy Healthy Me</td> <td><input type="checkbox"/> EatFit</td> <td>_____</td> </tr> <tr> <td><input type="checkbox"/> Nutrition to Grow On</td> <td><input type="checkbox"/> My Amazing Body</td> <td>_____</td> </tr> <tr> <td><input type="checkbox"/> Power Play</td> <td><input type="checkbox"/> Good for Me and You</td> <td>_____</td> </tr> <tr> <td><input type="checkbox"/> Farm to Fork</td> <td><input type="checkbox"/> Grow it! Try it! Like it!</td> <td></td> </tr> <tr> <td><input type="checkbox"/> Discovering Healthy Choices</td> <td><input type="checkbox"/> It's My Choice...Eat Right! Be Active</td> <td></td> </tr> </table>	<input type="checkbox"/> Go, Glow, Grow	<input type="checkbox"/> TWIGS	<input type="checkbox"/> Other (specify): _____	<input type="checkbox"/> Happy Healthy Me	<input type="checkbox"/> EatFit	_____	<input type="checkbox"/> Nutrition to Grow On	<input type="checkbox"/> My Amazing Body	_____	<input type="checkbox"/> Power Play	<input type="checkbox"/> Good for Me and You	_____	<input type="checkbox"/> Farm to Fork	<input type="checkbox"/> Grow it! Try it! Like it!		<input type="checkbox"/> Discovering Healthy Choices	<input type="checkbox"/> It's My Choice...Eat Right! Be Active	
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Enter the date the food was tasted in class: (MM/DD/YYYY)	_ _ / _ _ / _ _ _ _
Name the <u>target food</u> tasted by students in class today: (List one food only – e.g. avocado, almonds, yogurt)	
Name the <u>target food recipe or form</u> tasted: (e.g. sliced avocado, guacamole, almond trail mix, yogurt parfait)	
<p>How was the food presented? (mark all that apply)</p> <p><input type="checkbox"/> Raw <input type="checkbox"/> Cooked <input type="checkbox"/> Cut-up <input type="checkbox"/> Paired with other food (salad, on a cracker)</p>	

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
<p>1a. Before today's class, how many of you have tasted <target food e.g. avocado> before?</p> <p><i>*If the <u>target food</u> and <u>target food recipe/form</u> are the same - SKIP 1b. If different - ASK 1b*</i></p>	
<p>1b. Before today's class, how many of you have tasted <target recipe/form e.g. guacamole> before?</p>	
<p>2. How many students ate (or tasted) <target recipe/form e.g. guacamole> today?</p>	
<p>3. How many of you are willing to eat <target recipe/form e.g. guacamole> again?</p>	
<p>4. How many of you are willing to ask for <target recipe/form e.g. guacamole> at home?</p>	

Other Comments:

Kaiser, L, et al. Development and Use of an Evaluation Tool for Taste-Testing Activities by School-Aged Children. *Journal of the Academy of Nutrition and Dietetics*. 2012; 112(12): 2028-2034
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