

GAME ON TASTE TEST IDEAS

WHOLE GRAINS

Other activities related to whole grain foods can be held as stand-alone events, can accompany taste test events or can be included as part of a school carnival or health fair.

Bread Around the World Party

An especially fun approach to the whole grains taste test is a themed taste test — and bread from around the world is a theme students and adults will enjoy. People all over the world have made grains a basic part of their diets for thousands of years. Many cultures have developed unique ways of preparing foods with whole grains. To ensure that you have lots of breads to try, ask a local grocery store to donate different types of whole grain breads for tasting. Breads from around the world (choose whole grain varieties) include:

- scones: sweet biscuits first made in Britain
- chapatis: an Indian or East African flat bread
- pita bread: also called pocket bread, it's a flat, double-layered bread
- lavash: a paper-thin bread used for wrapping food in Russia
- matzoh: a flat bread that resembles a cracker
- corn bread: any bread made from cornmeal
- tortillas: a flat bread used for wrapping food in Mexico, Central America and the United States

Make an evaluation form so that participants can taste the different breads and rate them.

As a fun accompanying activity, host a family recipe drive. Invite students and their families to submit their family's favorite bread recipes. Use the recipes to create an "Around the World Whole Grain Bread Cookbook."

Additional Test Items to Consider:

- pizza made with whole grain crust and low-fat cheese
- whole grain crackers with low-fat cheese
- whole grain cereals (either as a dry snack or with low-fat or fat-free milk)
- oatmeal with fruit toppings (such as raisins, banana slices or apple compote)
- whole wheat bread bowl with chicken-noodle soup
- low-fat cheese soup in whole wheat bread bowl
- low-fat cheese quesadilla on whole wheat or corn tortilla
- whole grain pasta served with olive oil and Parmesan cheese
- low-fat oatmeal cookies
- whole wheat pita bread filled with fresh salad greens and turkey or cheese
- whole grain rolls with turkey
- brown rice pilaf
- brown rice with chicken-and-veggie stir-fry
- whole grain sandwich with low-fat melted cheese
- low-fat popcorn seasoned with Parmesan cheese
- whole wheat waffles served with low-fat yogurt and berries
- whole wheat macaroni and low-fat cheese
- graham crackers with peanut butter
- whole grain, low-sugar granola or granola bars
- brown rice cake

FRUIT AND VEGGIES-

Other fruit- and vegetable-related activities can be held as stand-alone events, can accompany taste test events or can be included as part of a school carnival or health fair.

Eating the Alphabet Taste Test

In this multi-day promotion, students taste test fruits and vegetables and learn about all the varieties from A to Z. An ambitious version of this activity would run every day for a month and would cover a different letter of the alphabet each day. But you don't need to run the A to Z taste test for an entire month in order for students to learn and have fun. You might choose particular letters to highlight (perhaps the letters in your school's name or team). Or you might cover several letters in one day. Develop an evaluation form for students to record when they tried certain fruits and vegetables, if they liked them and if they would like the fruits and veggies to be added to the school lunch menu. A great accompaniment to this activity for kindergarten and primary grade students is Lois Ehlert's book *Eating the Alphabet: Fruits and Vegetables from A to Z*. Ask your school librarian to put the book on display during your A to Z taste tests.

Fruit and Education Bar

Think about adding a Fruit and Education Bar to the cafeteria during the challenge — or include in a health fair. Make sure the design of the Fruit and Education Bar includes offerings from the Food Groups to Encourage — fruits, vegetables, whole grains and milk/milk products — with a special focus on enabling students to look at, learn about and (of course!) taste a variety of fabulous fresh fruits. Include information about the fruits featured in the Fruit and Education Bar. Make small education cards for each fruit, including the following information: the name of the fruit, where it is grown, how to eat it, what nutrients it contains, how to store it, where to buy it and how much it costs. Copy the education cards on brightly colored paper. Make enough cards so that each participant can take one for each fruit that's offered. You might also develop an evaluation form that students can use to rate the fruits they taste.

Serve raw fruit with low-fat yogurt dip flavored with fruit juice or fruit pieces.

- strawberries
- blueberries
- raspberries
- blackberries
- grapes
- kiwi

Serve veggies with low-fat yogurt dip flavored with herbs.

- asparagus
- beets
- jicama
- bell peppers of all colors
- carrots
- grape tomatoes

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| <ul style="list-style-type: none"> • mango • papaya • citrus fruit • cantaloupe • honey dew melon • pineapple • cherries • star fruit • pear • plum • apricot • peach • nectarine • cranberry • watermelon | <ul style="list-style-type: none"> • cucumbers • broccoli • cauliflower • green onions • okra • celery • fresh green beans • snow peas • avocado • artichoke • summer squash • zucchini • eggplant • mushrooms • radishes • sweet potatoes • sugar snap peas |
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Other fruits and vegetables to taste:

- baked potato bar with low-fat cheese and veggie toppings
- fruit smoothies made with low-fat or fat-free yogurt or milk
- tropical fruit salad
- spinach salad with whole grain croutons
- fruit and yogurt parfait with low-fat, low-sugar granola
- low-sugar cranberry sauce
- pineapple juice
- tomato juice

MILK/DAIRY

- String cheese
- Cheese with whole grain crackers
- Cheese or yogurt-based dip with veggies
- Milk with whole grain cereal
- Cottage cheese with fresh fruit
- Cheese soup in bread bowl
- Cheese on whole wheat pizza
- Cheese with baked potato
- Cheese on pizza roll-up with whole grain tortilla
- Flavored, drinkable yogurt
- Cheesy popcorn made with low-fat cheese
- Yogurt smoothie made with fruit, low-fat milk and 100% fruit juice
- Yogurt and berries on whole wheat waffles
- Macaroni and cheese
- Cheese quesadilla
- Melted cheese on broccoli
- Yogurt parfait with granola and fruit
- Lactose-free white or chocolate milk
- Ice-cold flavored fat-free and low-fat milk (make your own flavored milk by offering a variety of liquid or powdered flavor options that students can add to milk)

Mix it with Milk Party

Help students create nutritious alternatives to soft and juice drinks with a Mix It with Milk party. With a blender, selected dairy products and selected fruits on hand, you can help students make fun milk creations. This lesson from the National Dairy Council can easily be adapted for use as an after-school activity. Visit Nutrition Explorations or 3-A-Day for recipes, promotion ideas and nutrition education resources, and to locate your state or regional Dairy Council.

SEE SMOOTHIE PARTY FOR VALENTINES DAY; CINCO DE MAYO; ST PATTYS DAY (KERRI KNIPPEN)

Mustache Photo Contest*****

This popular event is a great way to encourage kids to drink more milk — and can be held as a stand-alone event or as a fun companion event to milk/milk products taste tests. Kids, of course, will want to have their photos taken — but if the principal, school nurse, teachers, parents and others pose for photos too, the contest becomes even more fun!

Use an instant camera or a digital camera. Then print photos and post them around the cafeteria or in the school corridors. Alternatively, you could post digital photos on your school's website.

A fun extension is to have participants write captions for their photos. Ask them to write a sentence or two about why they drink milk.

Taste tip: fool-proof milk mustaches

To ensure that participants have great milk mustaches, try one of the following:

- Place about 3 tablespoons of whipped cream in a small disposable cup. Participants can dip their top lip into the cup or use clean hands to apply their own unique milk mustache. Make sure you use a clean cup and fresh whipped cream for each participant.

- In a blender, mix 3 parts vanilla ice cream with 1 part milk. The resulting drink should be slightly thick so that it will stay on the participant's upper lip. Pour the mixture into small cups. Just before the photo is taken, the participant should hold the cup up to her mouth and tip it back while keeping her head still. Make sure she keeps her mouth closed as she "drinks on her mustache."

The Milk Mustache tips above are from USDA Team Nutrition and the National Dairy Council's www.nutritionexplorations.org website.