



Try New Foods with FSNE

Through a partnership with the University of Maryland Extension's Food Supplement Nutrition Education (FSNE), your child will have the opportunity to sample healthy foods throughout the school year.

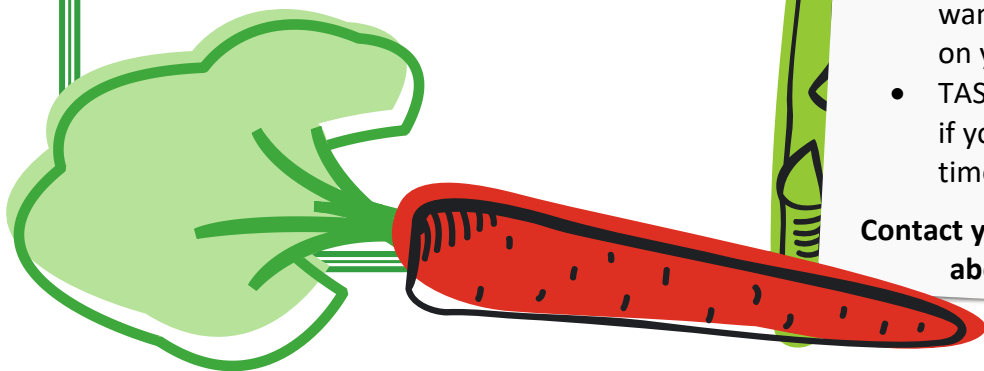
Healthy food tastings may occur in your child's classroom, in the cafeteria, or during school events—you may even have an opportunity to participate in a tasting yourself!

The goal of tastings is to make trying new healthy foods a fun part of the school day.

Taste tests are designed to present new foods in an exciting way. Small samples (one or two bites) are tasted by students in a group setting, and polite feedback is encouraged.

We work with the school nurse to prevent students with allergies or food sensitivities from eating problem foods.

Ask your child about the new foods they've tried at school. Offer to add any new foods they enjoyed to the grocery list. Take your child grocery shopping with you and select an item for a taste test at home. When you do, follow the tasting rules he or she follows at school!



Tasting Rules

Here are the tasting rules we follow at school. Try these at home!:

- EVERYONE is encouraged to taste the food.
- Words such as 'yuck' and 'ugh' are NOT allowed.
- Use your VOCABULARY—use adjectives to describe what you like and don't care for about food tastes and textures.
- TASTE FIRST and then decide if you like it or not.
- After tasting, YOU CHOOSE if you want to finish eating the remainder on your plate.
- TASTES CHANGE, so try the food even if you have tried it at some other time and place.

Contact your child's teacher for questions about healthy food tastings.

Visit our blog: www.eatsmartmd.blogspot.com

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