

# TRYING NEW FOODS



## Goal:

Children will participate in making a recipe and will describe the smell, texture, color, and taste of a new food. (Kiwi is used in this activity plan, but you may use other fruits or veggies that may be new to your children.)

Activity/Recipe Materials:	Grocery List (for 10-12 children)
Blender	1 banana
Measuring cups	$\frac{3}{4}$ cup frozen strawberries
3 oz cups (for tasting)	1 kiwi
A Mystery Bag/Bucket (see Appendix C)	$\frac{1}{2}$ cup vanilla or plain yogurt (non-fat)
MyPlate poster, image, or mat (see Appendix A)	$\frac{3}{4}$ cup skim milk

## Before Activity:

- Review “How to Make a Mystery Bucket” in Appendix C—page 111, or use a non-transparent bag.
- Review pages 14-16 (*Talking about Food, Cooking with Children, & Taste Testing*).
- Think of a food that you didn’t like at first, but after trying many, many times, you now enjoy. Be ready to tell children about this food. (If you don’t have any disliked foods that you have tried several times (i.e., more than 10-15 times), consider doing that now, so you can tell children about this experience.)

## Activity Plan:

- Briefly review MyPlate, including how each food group helps bodies to grow. (Refer to MyPlate for MyBody on page 19. Remember to do the motions!)
- Have a brief discussion about trying new foods.
  - “Have you every been afraid to try a new food? I have been afraid to do this before. When I was your age, I was scared to try....” (Then share your story here, emphasizing how you tried it several times and now like the food).
- Without children seeing, place kiwi in mystery bucket (or bag). Introduce the mystery bucket. Follow mystery bucket procedure (page 111). Encourage children to describe how it feels (Give some examples to help them: big/small, hard/soft, fuzzy, hairy, etc). Ask children to guess the food after every child had a turn.
- Lead a time of sensory exploration (refer to page 16), and then follow recipe as described on next page, allowing children to help make the smoothie.

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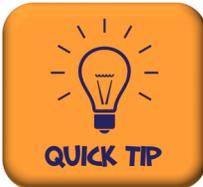


## Strawberry-Kiwi-Banana Smoothie (makes 10-12 small tastings)

- $\frac{3}{4}$  cup frozen strawberries
- $\frac{1}{2}$  banana
- $\frac{1}{2}$  kiwi, skin removed and diced
- $\frac{1}{2}$  cup vanilla or plain fat-free yogurt
- $\frac{3}{4}$  cup skim milk

**Directions:** Mix all ingredients in a blender until smooth. Taste with children, asking them to tell you how it tastes.

- o *Suggested questions: What does it taste like? Is it cold or hot? Is it sweet or sour? Can you taste the kiwi?*



## Adjusting for Dairy Allergies

If you need a dairy-free smoothie, substitute the milk with a non-dairy milk (soy, almond, etc), cold water, or a small amount of 100% juice.

Exchange the yogurt for more banana or avocado to add a creamy texture.

You may also switch out any of the fruits in the smoothie for other fruits. Ask children what kinds of fruits they would like to add to a smoothie and make a variety of smoothies with your children.

