



HOW TO DO A FRUIT OR VEGETABLE TASTING

Tasting fruits and vegetables is one way to learn the characteristics of a specific item and encourage fruit & vegetable consumption! Tasting more than one variety of a fruit or vegetable gives students the opportunity to compare and contrast varieties and discover subtle differences.

1. **Write name of variety(ies) on board.** Ask students to record on “Taste Test Observation” sheet.
2. **Save a whole fruit/or vegetable and cut up remainder into serving pieces.**
3. **Look at the whole fruit or vegetable.** Note the size, shape, color, surface texture, blossom end and stem.
4. **Look at the cut fruit or vegetable.** Note flesh color. Is peel thin or thick? Smooth? Leathery? Prickly?
5. **Smell each fruit or vegetable.** Does it have a characteristic aroma? Does the smell bring to mind another food memory?
6. **Taste a slice of each variety.** Is it sweet? Tart? Sour? Bland? Spicy? What about the texture—is it tender? Crisp? Juicy? Mealy? Hard? Is the peel edible—tender or tough?
7. **In comparison,** which variety has the most flavor? Which has the strongest aroma? Which is the juiciest?
8. **Does the flesh turn color when exposed to air?**
9. **What are some ways you have eaten this fruit or vegetable?** As a stir fry? In a dessert? Dried?

Save for future tastings!