Tasting Checklist

When any food tasting takes place, the session must be well organised and tasting rules followed to ensure the process is safe and hygienic.

Think about the following points:

- Parent/carer consent forms have been sent out, returned and used to inform the choice of ingredients to be tasted.
- Check the school Food Policy for any relevant factors.
- Make sure the area where you are working has been cleared and cleaned with antibacterial spray/wipes.
- Children have washed their hands with warm water and soap/hand wash and dried them.
- Food to be tasted has been hygienically prepared into small sample sized portions.
- All the children have their own plastic cup to serve their samples in.
- Fresh water is available for all the children so they can clean their palates while sampling.
- Kitchen paper is available in case children need to remove food from their mouth.
- Do not allow children to use the same serving equipment for sampling.
- Children should be briefed on how the tasting will work, including:
  - using their senses to explore the food, e.g. Taste, smell, touch and appearance (if appropriate).
  - not sharing cutlery with their friends during tasting for hygiene reasons.
- Encourage children to sample the foods, explaining that you would like them to try the samples so they can share their thoughts about them. Make the session a positive experience. Do not force the children to try anything, instead offer positive comments to those willing to try foods. Explain that if they do not feel they can swallow something, they can remove it quietly from their mouth with a piece of kitchen paper. This should then be thrown in the bin and they should wash their hands.