

# Let's taste it! Plan, Shop, Pack List: Fiesta Scoops

## Ingredients

- 16 oz. can refried beans
- 24 oz. jar mild salsa with fruit
- 1 cup shredded cheese
- 10 oz. bag whole-corn tortilla scoops

## Disposable Supplies

- Napkins
- Small paper/plastic plates (1 per student)

## Prepare before class

- Pack ingredients, disposable supplies, equipment, and cleaning supplies

## Equipment

- Large mixing bowl
- Mixing spoon
- Can opener
- Cheese grater
- Dry measuring cups

## Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

# Let's taste it! Plan, Shop, Pack List: Fiesta Scoops

**Educator:** \_\_\_\_\_

**Group Name:** \_\_\_\_\_

**# of participants in group:** \_\_\_\_\_ **Date of lesson:** \_\_\_\_\_

**Notes:** \_\_\_\_\_

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# Let's taste it! Plan, Shop, Pack List: Low Fat & Regular Fat Food Tasting

## Ingredients

- Regular potato chips
- Baked potato chips

## Disposable Supplies

- Napkins
- Snack-sized plastic bags
- 2 paper/plastic bowls

## Prepare before class

- Label one bag for each student "A." Label one bag for each student "B."
- Pack the following into individualized snack-sized plastic bags (1 "A" bag for each student and 1 "B" bag for each student).
- 3 to 4 Baked potato chips (in each "A" bag)
- 3 to 4 Regular potato chips (in each "B" bag)
- Label 1 bowl "A." Label 1 bowl "B."

## Pack recipe tasting materials:

- Filled snack bags
- Serving tray
- Bag of Baked potato chips (to display when revealing product "A")
- Bag of Regular potato chips (to display when revealing product "B")

## Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

# Let's taste it! Plan, Shop, Pack List: Low Fat & Regular Fat Food Tasting

Educator: \_\_\_\_\_  
Group Name: \_\_\_\_\_  
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