

Let's taste it! Plan, Shop, Pack List: Vitamin A, Vitamin C, & Calcium- Option 1

Ingredients

- Snow peas or sugar snap peas (3 peas per student)
- Mangoes, papayas, or apricots (1 slice/student)
- Low-fat mozzarella cheese (1 inch square per student)

Disposable Supplies

- Napkins
- Plastic forks (1 for each student)
- Snack-sized plastic bags (3 per student)

Prepare before class

- Wash and dry all fruits and vegetables.
- Place 3 peas in a bag for each student.
- Place 1 slice of fruit in a snack-sized plastic bag for each student.
- Slice the mozzarella cheese into 1 inch cubes.
- Place 1 cube of cheese in a snack-sized plastic bag for each student.
- Pack recipe tasting materials:
 - Serving tray
 - Filled bags (1 vegetable, 1 fruit, and 1 dairy per student)

Cleaning supplies

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

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Educator: _____
Group Name: _____
of participants in group: _____ Date of lesson: _____
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Let's taste it! Plan, Shop, Pack List: Vitamin A, Vitamin C, & Calcium- Option 2

Ingredients

- Carrots OR Cherry tomatoes (3 carrot sticks or 3 tomatoes per student) (specify below)
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- Strawberries OR Grapefruits (2 strawberries or 2 sections of grapefruit per student) (specify below)
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- Low-fat Swiss cheese (1 inch square per student)

Disposable Supplies

- Napkins
- Plastic forks (1 for each student)
- Snack-sized plastic bags (3 per student)

Prepare before class

- Wash and dry all fruits and vegetables.
- If using carrots, peel and slice carrots into equal-sized sticks.
- Place 3 carrot sticks or 3 cherry tomatoes in a snack-sized plastic bag for each student.
- If using grapefruit, slice into 16 sections.
- Place 2 slices of grapefruit or 2 strawberries in a snack-sized plastic bag for each student.
- Slice the Swiss cheese into 1 inch cubes.
- Place 1 cube of cheese in a snack-sized plastic bag for each student.
- Pack recipe tasting materials:
 - Serving tray
 - Filled bags (1 vegetable, 1 fruit, and 1 dairy per student)

Cleaning supplies

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

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Let's taste it! Plan, Shop, Pack List: Vitamin A, Vitamin C, & Calcium- Option 3

Ingredients

- Bell peppers (any color)
- 1 cantaloupe OR mini watermelon (1/4 cup of melon per student)
- Low-fat Muenster cheese (1 inch square per student)

Disposable Supplies

- Napkins
- Plastic forks for each student
- Snack-sized plastic bags (3 per student)

Prepare before class

- Wash and dry all fruits and vegetables.
- Slice bell peppers into equal-sized strips. Discard the membranes and seeds.
- Place 3 pepper strips into a snack-sized plastic bag for each student.
- Slice the cantaloupe or watermelon into sections. Remove the melon from the rind and cut into cubes.
- Place approximately ¼ cup of cantaloupe or watermelon in a snack-sized plastic bag for each student.
- Slice the Muenster cheese into 1 inch cubes.
- Place 1 cube of cheese in a snack-sized plastic bag for each student.
- Pack recipe tasting materials:
 - Serving tray
 - Filled bags (1 vegetable, 1 fruit, and 1 dairy per student)

Cleaning supplies

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

Let's taste it! Plan, Shop, Pack List: Vitamin A, Vitamin C, & Calcium- Option 3

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of participants in group: _____ Date of lesson: _____
Notes: _____
