

# Let's taste it! Plan, Shop, Pack List: Fruit Fizzy

## Ingredients

- Bottle of water for demo
- Sugar for demo
- 2 liter bottle of club soda
- 1 can of frozen grape juice concentrate (100% fruit juice)
- 1 bag of ice

## Disposable Supplies

- Napkins
- Paper towels
- 8 oz. plastic cups (1 per student)

## Prepare before class

- Take frozen grape juice can out of the freezer before the lesson so it can defrost.
- Pack ingredients in a cooler.

## Equipment

- Gallon-sized plastic pitcher
- Large mixing spoon

## Cleaning supplies

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

# Let's taste it! Plan, Shop, Pack List: Fruit Fizzy

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

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

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

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

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# Let's taste it! Plan, Shop, Pack List: Additional Activity- Water Taste Test

## Ingredients

- Bottled water (about 2 oz. per student)

## Disposable Supplies

- Small paper/plastic cups (2 for each student)

## Prepare before class

- Label 1 plastic cup for each student "A." Label 1 plastic cup for each student "B."
- Fill 1 pitcher with tap water and label the pitcher "A."
- Fill 1 pitcher with bottled water and label the pitcher "B."

## Equipment

- 2 spill-proof gallon-sized plastic pitchers with lids

## Cleaning supplies

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

# Let's taste it! Plan, Shop, Pack List: Additional Activity- Water Taste Test

Educator: \_\_\_\_\_  
Group Name: \_\_\_\_\_  
# of participants in group: \_\_\_\_\_ Date of lesson: \_\_\_\_\_  
Notes: \_\_\_\_\_  
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