



Safe Food Preparation and Tasting with Pandemic Precautions

Food Explorers involves many opportunities to explore foods, including both preparation and tasting. Considering the current challenges presented with COVID-19, we are mindful of school protocols and student safety. Learning outcomes of food exploration, food literacy, and eating competence can still be met with the various activities beyond preparing and eating food, included in this program. Tasting is just one aspect of food exploration.

If you choose to include food preparation and tasting in your classroom, please refer to the food safety guidelines provided by the [Government of Alberta](#) and your local school district to ensure all food preparation and tasting is done in a safe manner.

If you are looking for simple yet exciting tasting activities that involve minimal food preparation, the chart below provides suggestions for each food in Package A.

Package A	Simple Tasting Activity
Apple	<ul style="list-style-type: none"> • Provide apple slices from two to three different varieties of apples (for example Gala, Granny Smith, MacIntosh) • Serve individually packaged apple sauce to each student.
Potato	<ul style="list-style-type: none"> • Baked Fries: wash and cut three to four large potatoes into 1 cm sticks. Preheat oven to 200° C (400° F). Toss lightly in oil and place on a cookie sheet, turning several times for 35-45 minutes. Sprinkle with salt if desired and serve.
Bread	<ul style="list-style-type: none"> • Cut a variety of breads into small sampling pieces for each student (for example flatbread, whole grain loaf, steam buns, and baguette).
Rice	<ul style="list-style-type: none"> • Prepare two to three different types of rice for students to sample and compare similarities and differences (for example basmati, jasmine, and arborio).
Milk	<ul style="list-style-type: none"> • Pour a sample of milk into individual cups for students to eat with their snack. Consider offering skim and whole milk to compare similarities and differences.
Yogurt	<ul style="list-style-type: none"> • Serve individually packaged yogurt to each student. • Have students assemble their own Rainbow Parfaits (recipe on page 74).
Eggs	<ul style="list-style-type: none"> • Hard boil eggs and serve in halves to each student.
Meat	<ul style="list-style-type: none"> • Pre-make Meat & Veggie Kabobs (recipe on page 67) and serve individually.