



# 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 B.

Package B	Simple Tasting Activity
<b>Berries</b>	<ul style="list-style-type: none"> <li>• Provide three to four different berries for students to sample (for example blueberries, raspberries, and strawberries).</li> </ul>
<b>Squash</b>	<ul style="list-style-type: none"> <li>• Wash and cut a zucchini into strips. Serve with Dinosaur Dip (recipe on page 57) if desired.</li> <li>• Baked pumpkin seeds: scoop the seeds from inside a pumpkin and wash clean. Preheat oven to 170° C (350° F). Toss lightly with oil and bake on a cookie sheet, or place in an electric frying pan over medium heat. Stir frequently until golden brown. Sprinkle with salt if desired and serve.</li> </ul>
<b>Pasta</b>	<ul style="list-style-type: none"> <li>• Cook two to three different pasta shapes for students to taste and compare (for example macaroni, spaghetti, and rigatoni).</li> </ul>
<b>Cereal</b>	<ul style="list-style-type: none"> <li>• Students can prepare individual Muesli bowls (recipe on page 48) by adding their ingredient choices from individual serving bowls.</li> </ul>
<b>Cheese</b>	<ul style="list-style-type: none"> <li>• Cut a variety of cheeses into small cubes (for example cheddar, feta, mozzarella, and Swiss). Provide each student with a prepared tasting plate.</li> </ul>
<b>Kefir</b>	<ul style="list-style-type: none"> <li>• Use kefir with cereal (individual portions prepared).</li> <li>• Provide individual servings of Sweet Fruit Dip (recipe on page 77) for students to dip pre-cut fruit into.</li> </ul>
<b>Fish</b>	<ul style="list-style-type: none"> <li>• Provide individual samples of the fish variation of the Checkboard Cheese Sandwich (recipe on page 56).</li> </ul>
<b>Beans</b>	<ul style="list-style-type: none"> <li>• Serve individually packaged hummus with a variety of pre-cut vegetables for dipping (or make the Hummus recipe on page 62).</li> </ul>