

# RAINBOW TASTE TEST



## introducing COLORFUL FOODS

Vegetables and fruits come in all shapes, sizes and most importantly colors. Try eating colorful fruits and veggies including purple, red, orange, green and yellow. Use the rainbow to guide your eating habits.

## MyPlate GUIDELINES

Kids should make half of their plate fruits and vegetables and should eat approximately 2 to 2½ cups of vegetables and approximately 1½ cups of fruit each day.

## approximate time INVOLVED

Mise en place \ \ 2 hours

Demonstration time \ \ 45 minutes

## approximate ACTIVITY COSTS

\$.95 per child

## chef SUPPLIES

- Grapes
- Broccoli
- Small yellow cherry tomatoes
- Carrots
- Red bell pepper
- Celery
- Cucumber
- Blueberries
- Tasting cups
- Dip serving cups
- Powerful blender or food processor
- Spatula and serving spoons
- Mise en place dip ingredients

## mise en PLACE

- 1** Clean and wash the vegetables prior to arrival on site.
- 2** Set aside a whole vegetable of each type to show the kids.
- 3** Cut vegetables into uniformed, sample size snacks that are easy for dipping.
- 4** Prepack one of each fruit/veg into tasting cups for each kid to sample in the classroom.
- 5** Prepare mise en place for creating a variety of dips for sampling.



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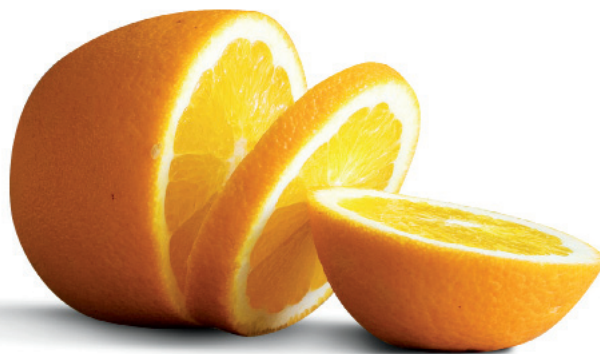


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## ACTIVITY

- 1 INSTRUCT** kids to wash hands with soap and warm water.
- 2 DISPLAY** a basket with a whole version of each fruit and vegetable that the kids will sample during the demonstration.
- 3 EXPLAIN** the importance of eating many different colored fruits and vegetables each day. One cup of raw or cooked vegetables or vegetable juice or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned or dried/dehydrated; and may be whole, cut up or mashed.
- 4 ADD** vegetables of all colors to every meal through the day
  - >> Add vegetables to your sandwich (½ cup)
  - >> Drink a glass of tomato juice (1 cup)
  - >> Pack carrots with your lunch (½ cup)
  - >> Make a salad with your dinner (1 cup)
- 5 ONE** cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group. Fruits may be fresh, canned, frozen or dried and may be whole, cut up or pureed. Kids should be eating 1½ cups of fruit each day. Add fruits of all colors to your meals throughout the day:
  - >> Add fruit to your breakfast (½ cup)
  - >> Add an apple or pear with your lunch (1 cup)
  - >> Add dried fruit to your salad (½ cup=1 cup of fruit)

- 6 INTRODUCE** the dips that the kids will sample with their fruit and vegetables. Show the simple ingredients for each one and demonstrate the technique for making each dip.
- 7 PASS** out the sample cups with the fruits/veg and introduce the kids to the rainbow of colors they will taste today:
  - >> *Purple:* Grapes
  - >> *Green:* Broccoli
  - >> *Yellow:* Small yellow cherry tomato
  - >> *Orange:* Carrots
  - >> *Red:* Red bell pepper
- 8 HAVE** the kids taste each item one at a time. Ask them to describe the color, shape, size, texture and taste of each. Serve a variety of dips with the samples to allow the kids to taste the differences in flavors.
- 9 REPEAT** this process until all of the fruits and vegetables have been tasted



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## recipes



### green **GODDESS**

Servings per recipe: 10

**Ingredients:**

- ¾ cup parsley, coarsely chopped
- 2 cups low-fat Hidden Valley® Original Ranch® dressing
- 3 chives, chopped
- 2 tbsp tarragon
- ½ tsp dry basil

**Directions:**

Add all ingredients to a blender. Blend until combined, chill.

### asian **DIP**

Servings per recipe: 10

**Ingredients:**

- 2 cups low-fat Hidden Valley® Original Ranch® dressing
- 1 tbsp reduced sodium soy sauce
- 2 tsp sesame oil
- 1 tsp ground ginger
- 1 tsp low sodium teriyaki

**Directions:**

Add all ingredients to a blender. Blend until combined, chill.

### tzatziki **DIP**

Servings per recipe: 10

**Ingredients:**

- 2 cups low-fat Hidden Valley® Original Ranch® dressing
- 2 tsp dry dill
- 1 cup cucumber, grated

**Directions:**

Add all ingredients to a blender. Blend until combined, chill.

### southwest **RANCH DIP**

Servings per recipe: 10

**Ingredients:**

- 2 cups low-fat Hidden Valley® Original Ranch® dressing
- 1 roasted red pepper
- 1 tsp fresh cilantro
- 2 tsp tomato paste
- Pinch of chili powder
- Pinch of cumin

**Directions:**

Add all ingredients to a blender. Blend until combined, chill.

### alternative fruits and vegetables **BY COLOR**

**Dark Green**

- Bok choy
- Broccoli
- Collard greens
- Dark green leafy lettuce
- Kale
- Mesclun
- Mustard greens
- Romaine lettuce
- Spinach
- Turnip greens
- Snow peas
- Edamame

• Grapefruit

- Lemons
- Yellow squash
- Yellow peppers

**Orange**

- Acorn squash
- Butternut squash
- Carrots
- Hubbard squash
- Pumpkin
- Sweet potatoes
- Papaya
- Orange lentils

**Red**

- Red peppers
- Tomatoes
- Apples
- Strawberries
- Raspberries
- Cherries

**Purple**

- Plums
- Blueberries
- Blackberries
- Red cabbage
- Purple beans
- Grapes

**Yellow**

- Bananas
- Golden delicious apples



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