

Citrus Tasting Lesson

by Rachel Rosner & Lynn Hyndman

Goal: To bring children's attention to the pleasures of citrus fruits.
To talk about the importance of incorporating more fruit in their daily diet.

Materials:

- a variety of citrus fruits (whole fruits, one of each) - grapefruit, blood oranges, tangerines, lemons, kumquat, clementine, oranges, etc.
- two freshly cut slices of fruit (1 tangerine, 1 blood orange) for each participant
- paper toweling
- napkins
- small cooler
- disposable gloves for food handlers
- compost bucket
- world map
- zip-lock bags for sliced fruit

Introduction

(holding samples of a variety of citrus) What kinds of fruit do I have here?
Do you know the names of any of these varieties? Do they all taste the same?
Where is citrus fruit grown? *(Explain that much of our fruit is imported. Ask why it is better to buy domestic fruit.)*
What is it important to incorporate fruit in your diet? (phytonutrients, fiber, vitamins)
Explain why it is better to eat whole fruit rather than drink the juice.

Guided tasting

Explain that we tend to gobble our food and not enjoy it to its fullest.
Today we are going to be very mindful as we taste the food.
What does mindful mean? (We are going to bring our attention to the smell, color, texture and taste of some sample of citrus food. We are going to try and put words to what we are experiencing.) We are going to be very quiet as we do the tasting.)

Proceed by calling attention first to the color, texture of the skin.
Demonstrate how to put a slice of fruit on your tongue and notice how it feels. Then slowly chew. How does it feel? Does the taste change? How would you describe the taste?

Clean-up

Ask the group why they think you brought a compost bucket. Discuss the importance of composting what food scraps we can.

Wrap-up

At the dinner table tonight, what will you tell your family about what you learned today?

Vocabulary: citrus, import, domestic, fiber, phytonutrients, mindfulness, compost, whole food, vitamins