Host your own **Taste Test** *at Home!*

A fun activity you can do from home is hold a taste test for your family. Follow the simple steps below from ChicopeeFRESH for set-up and ideas for materials.

Steps:

- Choose your recipe. Look through your refrigerator and pantry and brainstorm what foods you could use. Consider adding different spices and condiments. The simpler, the better.
- Gather kitchen utensils and cookware you'll need, if necessary. Estimate the time it will take to make your recipe. Plan how you want family members to vote. See the template attached, which you can use, placing check marks or stickers in the selected columns.
- Get cooking! You could surprise your family by waiting to reveal the recipe until the very end…
- Distribute your meal with small plates and/or silverware. Explain the voting process to family members while they taste your creation. Finally, count votes and ask for feedback.
- Share how it went with us! We would love to hear what you tasted :)

Recipe Ideas:

- **Banana strawberry & PB sammies:** using banana slices as the bread, layer peanut butter (or, as a replacement, seed butter) and strawberry jam on banana slices then press together.
- **Citrus yogurt parfait:** using plain or vanilla yogurt, any kind, place a scoop of yogurt onto a plate with slices of oranges, clementines, or another citrus fruit. Add a dusting of granola or cereal on top. Optional: drizzle a small amount of honey on top or toss in some cranberries.
- **Spicy bean salad:** using any kind of canned beans you have, place a small scoop into a bowl after rinsing and mix with chopped greens, tomatoes, red onions, and bell peppers. Add one teaspoon of olive oil and your spice of choice: chili powder, cayenne pepper, or chopped jalapenos. Toss together.
- **Bell pepper hummus boats:** using any kind of bell pepper, slice into long strips. Layer plain hummus on strips, adding chopped cucumber and/or chopped red onion on top. Optional: lightly coat pepper boats with your spice of choosing.

😍 Loved it!	🙂 Liked it!	🙁 Disliked it!