



---

# Taste testing in a safe environment makes students more likely to try a variety of foods ?

---

## Reporting Periods

SNAP-Ed 2019 (October 1, 2018 - September 30, 2019)

---

## Site

Oceano Elementary/First 5 Preschool

---

## Unit

San Luis Obispo (County)

---

## COVID-19 Impact

*Not Specified*

---

## Program Activity

*Not Specified*

---

## Keywords

*Not Specified*

---

## Uploads

[UC Educator - Oceano.jpg](#)


---

## Has Photo Releases

Yes


---

## Created By

 Shannon Klisch

---

## Last Modified By

 Shannon Klisch

---

**Created**

08/02/2019 11:20 a.m.

**Modified**

08/02/2019 11:20 a.m.

**PEARS Success Story ID**

12692

## Collaborators

This Success Story has no collaborators.

## Story

**Background**

CalFresh Healthy Living, UC in San Luis Obispo and Santa Barbara counties provides a comprehensive approach to nutrition and physical activity programming at partnering school sites. This comprehensive approach includes 1) classroom and garden nutrition education including cooking and taste testing, 2) positive youth development and leadership opportunities through an after school 4-H Student Nutrition Advisory Council (SNAC) club, 3) staff training in nutrition and physical activity best practices, 4) collaboration with cafeteria staff on taste testing and breakfast promotion, 5) school garden support and technical assistance and 5) parent education at school events.

**Story Narrative**

During FF19, UC staff worked with teacher extenders to bring nutrition lessons, cooking and taste testing to school classrooms. In several of the classes students had the opportunity to try a small bite of something new. Many times, the students were hesitant to try new, unfamiliar foods. Youth are naturally food skeptics, a widely recognized barrier to eating healthy for low-income families where parents are hesitant to spend scarce resources on less familiar, often healthy, foods if they are not sure their children will eat it.

Working with classroom teachers, UC staff create a welcoming and brave environment where students are encouraged to break

out of their comfort zone and try something new with their friends and peers. Almost daily, youth are exposed to new foods or healthier ways to prepare old favorites, often discovering that they like it.

In one instance, a student tried jalapenos and that experience made her open to trying other new foods in the future. In another incidence, youth got to make and sample a healthy breakfast burrito and an omelet. After that experience the youth commented that now they felt they could cook healthier at home and cook things other than just bacon and pancakes.

---

### **Favorite Quote**

“I really enjoy having nutrition incorporated into my classroom. I encourage the students to take at least two bites before they say they don't like something. Now they are more willing to try new foods.” – Kindergarten teacher

---

## **SNAP-Ed Custom Data**

### **Related Framework Indicators**

Healthy Eating (ST1)  
 Healthy Eating Behaviors (MT1)  
 Organizational Partnerships (ST7)  
 Nutrition Supports (MT5)  
 Fruits and Vegetables (R2)

---

### **Socio-Ecological Framework**

Individual/Family  
 Social and Cultural Norms and Values

---

### **Approaches**

Individual or group-based nutrition educators (e.g. direct education)

---