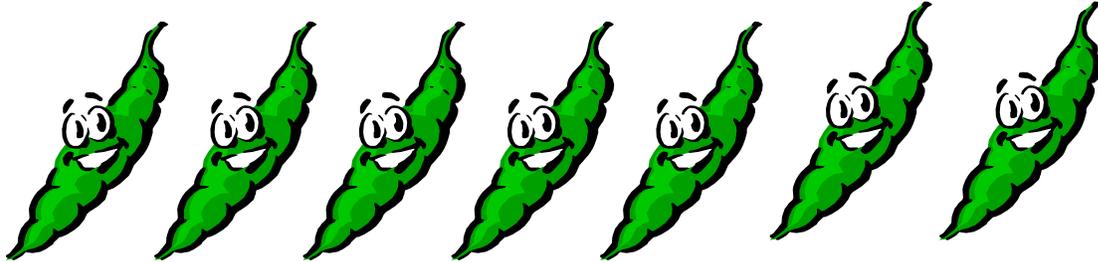


# Sugar Snap Peas

## Tasting Activity

### Prep Directions



#### **Ordering:**

1. Order fresh sugar snap peas from your vendor available in time for the scheduled date of the tasting activity. You will want to order enough additional sugar snap peas and dip for the *Cooking Activity* and the *Take Home Tasting Kit*, if applicable (coordinate with preschool teachers).
2. *Quantity needed for tasting:*  
**For tasting per 10 children**      **1½ pounds fresh sugar snap peas**  
(refer to order guide for item numbers)

#### **Prep:**

3. Wash pea pods well under running water.
4. To trim snow peas, snap off the tips from the stem end of the pod, and pull down toward the inside edge of the pod to remove the string.
5. Place in a serving container for each preschool classroom.
6. Place 1 cup of ranch dip in the squeeze bottle provided in each classroom cooking tools kit.
7. Set out serving tongs, plates or bowls and napkins for each preschool classroom.

#### **Supplies:**

- Raw sugar snap peas
- Ranch dip
- Disposable gloves
- Serving container
- Serving tongs
- Squeeze bottle for dip
- Small disposable plates
- Napkins

# Sugar Snap Peas

## Tasting Activity

### Classroom Directions

#### **Directions:**

1. Gather supplies listed on the Prep Directions page.
2. Invite the children to wash their hands and sit at the tables.
3. Introduce the sugar snap peas to the children:

#### **Announcement:**

- For example: "We are going to taste one of Lana's favorite foods today. Lana loves to eat fruits and vegetables! How about you?"

#### **Clues about the food:**

- It is green
- It is a vegetable
- It grows in pods
- "Can you guess what it is? It is sugar snap peas!!"

#### **Show:**

- A pea pod to the children and split it open to show them that the peas grow inside the pod.

4. With gloved hand, serve each child 1 pea pod with some dip.
5. Encourage all children to taste the sugar snap pea while you taste it with them. Tell them: "**Taste the sugar snap peas and then you can have as much as you like.**"
6. Once all children have been served, place the container on the table for children to serve themselves more.
7. After the tasting, tell the children they will get to taste sugar snap peas again sometime at lunch or snack.

#### **Other tasting activity ideas:**

- Sticker incentives: Encourage children to try the fruit or vegetable, give each child an, "I Tasted Sugar Snap Peas" sticker once they taste the item.
- Child served: Invite a few children to volunteer and serve tasting portions to their classmates. The servers can wear an apron and pretend to be serving at a restaurant.
- Station activity: Offer the fruit or vegetable for tasting as a station activity during activity time and children can rotate through the tasting station.
- You decide: Use your imagination to think of other ways to make the taste testing activities exciting and fun for your students!