

## **Early Sprouts Tasting Suggestions for Teachers and Families**

- **Always have a portion of the Early Sprouts recipe-children will be more willing to try the recipe if you are eating with them.**
- **Invite children to serve themselves from a common bowl by taking one scoop from the bowl and offering a second helping once finished.**
- **Be a positive role model: be adventurous about trying new things and encouraging the children to do the same. Try to encourage all children to at least try one bite of the recipe.**
- **If you like the recipe, share your enthusiasm and positive comments. If you do not like the recipe, please be discrete (do not openly criticize the food).**
- **Compliment the children on the recipe – many of them participated in making the snack. Thank them for their hard work and making delicious food.**
- **Ask the children to explain how they made the food (ingredients, stirring, measuring, etc.). They will be proud of their hard work and the recipe.**
- **Keep the table conversation pleasant. Talk about pleasant things and discourage the children from talking about unpleasant topics or openly criticizing the food offerings.**