**Blind taste test**

Objective: to get kids to try new/healthy foods, to work together and to trust each other. Also, to have children practice language arts by describing foods.

Materials: cut up fruits and vegetables.

Methods:
1. Harvest a variety of foods from the garden. If it is not yet time to harvest you can purchase foods at the grocery store that will be grown in your garden. To really mix things up, bring in samples of things that don’t grow in the garden, and see if they can tell.
2. Split children into pairs, and blindfold one child in each twosome.
3. Have the seeing one feed samples to the blindfolded one, while the blindfolded child has to try and guess what they are eating.
4. After a few minutes, switch.
5. When both partners have gone, have them try to find what it was they tasted in the garden.
6. Ask them to pick a sample of their favorites and describe (either in a journal or aloud) why they liked it.