

INSPIRING KIDS TO EXPLORE AND EXPERIENCE THE WORLD OF FOOD AND ITS SOURCES

TasteWise Kids is dedicated to educating kids of all ages about food and where it comes from, and to increasing their appreciation of fresh foods.



TasteWise Kids

We provide hands-on food education from multiple perspectives:

- nutrition and health
- preparing food to individual taste preference
- farming and the environment
- career opportunities
- social aspects of eating with friends and family

We seek to empower kids to think about food in new ways and to realize that “healthy” food and good-tasting food are not mutually exclusive. We give kids the opportunity to discover for themselves that good taste, nutritious food, and good health go together – naturally. In the 2017–2018 school year we served over 3,300 children.

TasteWise Kids follows three fundamental principles in all our work:

Hands-on & “Taste buds-on”

We believe that students learn best when they are able to actively explore and reach their own conclusions through interactive experiences. Therefore, students in our programs learn new concepts and ideas through hands-on activities.

Learn From Experts

We believe that there is great value in students learning directly from experts in the field. Students in our programs learn from local chefs, farmers, and other food professionals, giving them role models in different careers.

Focus on Taste

We believe that it’s important that students learn to enjoy healthy eating. Our programs come from a “food enthusiast” perspective focusing on taste, and the enjoyment of eating new and varied foods with family and friends.

TasteWise Kids PROGRAMMING

DAYS OF



TASTE

In our signature program Days of Taste® , 4th graders learn about the elements of taste and the journey of food from farm to table. The Days of Taste program was originally developed by The American Institute of Wine & Food (AIWF), a national organization. We launched Days of Taste® in the Baltimore area in 1998 and have since served over 20,000 children.



Day 1: Taste Basics

In the classroom, students do hands-on (and “taste buds-on”) activities led by a local professional chef. They evaluate diverse foods and experience the four traditional elements of taste - salty, sour, bitter and sweet.

The concept of balance in foods, for good nutrition and good taste, is introduced.



Day 2: Farm Trip

Students visit a nearby working farm. Guided by the farmer, students see first-hand how vegetables are grown, how animals are raised, and how the food is prepared for delivery to area farmers markets.

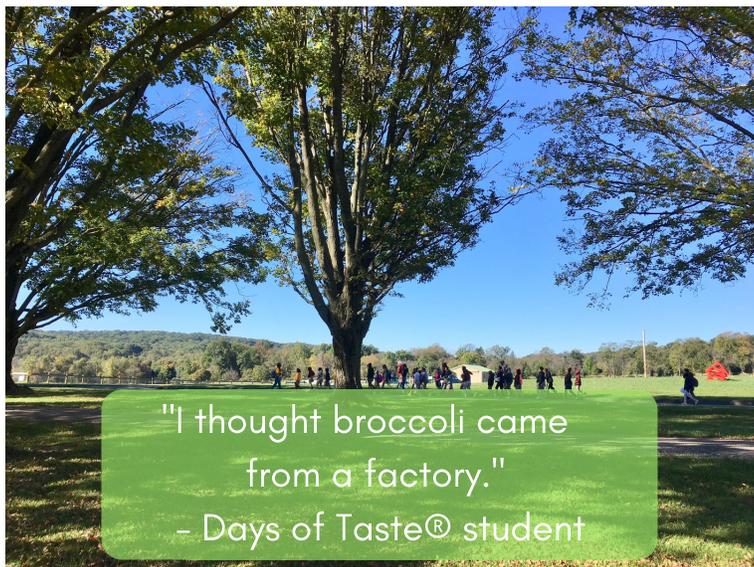


Day 3: Salad Prep

Back in the classroom with the help of the local professional chef, students make their own farm-fresh salad and vinaigrette dressing using seasonal vegetables and fruit, and continue learning how to balance ingredients.



TasteWise Kids IMPACT



"I thought broccoli came from a factory."
- Days of Taste® student



"Did you know you can make your own salad dressing?"
- Days of Taste® student



"We all eat differently. The program changed our entire family's life."
- Days of Taste® parent



Days
of Taste



Days of Taste was awesome because I learned new things that I didn't know before and I got to try cool foods. My favorite day was day 2 because we got to visit Third Way Farm. I loved visiting the farm because I learned new things I didn't know before. For example I learned that Basil helps Tomatoes not get eaten by bugs. Another thing I learned was that micro greens are very nutritious. Thank you so much for letting us have Days of Taste.