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Vegetable Tasting Tuesday Goes Full Circle

Once a month on a Tuesday at Madeira Elementary School (MES), students have the opportunity to try a new vegetable. Madeira High School (MHS) students, who were once part of the MES program, recently provided 762 ways for them to try carrots.

'Vegetable Tasting Tuesday' was born from the district's goal to promote healthy eating. MES students get a clue referencing a specific vegetable on that morning's announcements. When they arrive in the cafeteria for lunch that day, PTO volunteers are passing out a vegetable for them to taste which is the answer to the clue. Each student that samples the vegetable is given a sticker that says "I tried (name of vegetable) today!" In previous years vegetables tasted were sweet peppers, carrots, roasted butternut squash, daikon radishes, dried green peas, and spaghetti squash.

Hundreds of kids have experienced "Vegetable Tasting Tuesday" – many who are now all grown up and attending MHS. Enter the MHS Creative Foods class taught by new teacher, Kat Howell. "I loved the idea of kids tasting vegetables and so when I heard about what they do at MES, we wanted to help." The high school class, many of whom were once tasters at the elementary school, are now helping out by preparing special vegetable treats for the elementary school kids. The MHS Creative Foods class recently baked 762 healthy carrot muffins for MES students for October's Vegetable Tasting Tuesday. The collaboration between the district's youngest and oldest students was special since Vegetable Tasting Tuesday has been around long enough that the high school students making the muffins remember trying the vegetables when they were at MES. The elementary and high school students, along with the PTO parent volunteers, turned Madeira Elementary School's October Vegetable Tasting Tuesday into a true Madeira community event.



Pictured: Second grade student Harrison Spurrier and his mom Melanie Spurrier at October's Vegetable Tasting Tuesday.