Healthy NewsWorks
Permission Form for Hearty Kids Taste Tests
FIRST GRADE

Your child’s first grade class is in the Hearty Kids program during the 2019-20 school year. The activity is part of the healthy newspaper program at your school. Your child will be learning about and tasting heart-healthy snacks.

Food Safety is IMPORTANT! Parent/guardian permission is required for tasting. Please sign below to show whether your child CAN or CANNOT taste the following foods:

1. Fruity Clown Face (apples, canned pineapple, raisins)
   My child CAN taste this snack. Parent/Guardian signature ____________________________
   My child CANNOT taste this snack. Parent/Guardian signature ________________________

2. Vegetable Hearts (sweet red bell pepper, garbanzo beans (chickpeas), fresh spinach, salad dressing (oil & vinegar based)
   My child CAN taste this snack. Parent/Guardian signature ____________________________
   My child CANNOT taste this snack. Parent/Guardian signature ________________________

3. Flavored Water (water flavored with cucumber slices and fresh mint leaves)
   My child CAN taste this snack. Parent/Guardian signature ____________________________
   My child CANNOT taste this snack. Parent/Guardian signature ________________________

Your name (please print): __________________________________________________________
Your child’s name: ________________________________________________________________
School name: ___________________________________________________________________
Teacher name: ___________________________________________________________________
Date: __________________

*Tasting is always the child’s choice. Children unable or unsure of tasting will still be part of the lesson by doing other reporter activities such as illustration or interviewing.