Healthy NewsWorks
Permission Form for Hearty Kids Taste Tests
SECOND GRADE

Your child’s **second 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 is 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. **Apples** (fresh apples)
   - My child **CAN** taste this snack. Parent/Guardian signature ____________________________
   - My child **CANNOT** taste this snack. Parent/Guardian signature ____________________________

2. **Carrot Raisin Salad** (fresh shredded carrots, raisins, salad dressing (oil & vinegar based))
   - My child **CAN** taste this snack. Parent/Guardian signature ____________________________
   - My child **CANNOT** taste this snack. Parent/Guardian signature ____________________________

3. **Fruit Fizzy Water** (seltzer water flavored with 100% grape or apple juice)
   - 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.