Healthy NewsWorks
Permission Form for Hearty Kids Taste Tests
KINDERGARTEN

Your child’s kindergarten 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. Colorful Fruit (red or green apples, red or green grapes, blueberries)
   - My child CAN taste this snack. Parent/Guardian signature ________________________________
   - My child CANNOT taste this snack. Parent/Guardian signature ________________________________

2. Veggie Kid (carrots, cucumbers, green peas, tomatoes, 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 orange slices)
   - 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 who cannot taste or unsure of tasting will still be part of the lesson.