

Session 6 – B



# Taste Testing Activity

## Raw Jicama and Pea Pods with Dip

Date needed: \_\_\_\_\_

School: \_\_\_\_\_

Teacher: \_\_\_\_\_ Room # \_\_\_\_\_

### Ingredients/Supplies

The Food Service will prepare a HIGH 5 Taste Testing Box which will include:

Items	Amounts
Raw jicama sticks	34 servings in serving container
Raw pea pods	34 pea pods in serving container
Dip	16 oz. squeeze bottle
Serving tongs	2
Small paper plates	34
Plastic forks	34
Napkins	34
Small garbage bag	1



**HIGH 5 teachers should arrange a time with their school's Food Service Supervisor to pick up and return their own boxes to the kitchen.**

## Jicama and Pea Pods with Dip



### Ingredients:

- 1 Jicama
- 1/2 lb. fresh pea pods

### Low-fat vegetable dip:

- 1 cup plain low-fat yogurt
  - 1 tsp. finely chopped onion
  - 1/2 tsp. garlic powder
  - 1/2 tsp. dill weed
- (or use your favorite low-fat dressing as a dip)

Peel jicama and slice into 3-inch sticks. Wash pea pods. Mix ingredients for low-fat vegetable dip. Arrange on a plate and serve this favorite low-fat dip or your favorite dressing.