



The look tells it all. Joey Cole found okra to be bitter during the Vegetable Fear Factor Contest in the IMS Foods class. The contest was a fun way for seventh grade students to choose to taste or not taste some of the 40 vegetables prepared earlier in the day by the 8th grade foods class. Tasting and swallowing the "vegetable sample" allowed a student to stay in the game and win "bucks" for the school store. Vegetables prepared for sampling included hominy, okra, collard greens, spinach, yams, rutabagas, eggplant, squash, and many others a number of students had never tasted before. Teacher Rachel Shattuck used the game as a culmination of the study on vegetables, perhaps the least favorite on the food pyramid. The students saw what the vegetable looked like before it was cooked, learned tasty ways to prepare vegetables, and had an opportunity to try new foods. Student comments ranged from "yum" for canned tomatoes and refried beans to "nasty" for brussel sprouts and "never again" to hominy. There was also a discussion on the tomato, declared a fruit by the Supreme Court but classified a vegetable by this foods class.