

# 10 Minutes Together Taste Test

Make a list of four food items that your family often purchases, such as macaroni & cheese, crackers, chips or yogurt. Next time you go to the store, buy two brands of each of the four products – your normal brand and a more generic, cheaper brand. Write down how much each product costs (For a bonus health analysis, compare the label of nutrition information as well). Label plates or bowls with #1 and #2, and secretly put the items in bowls/plates for your taste test (remember to write down which product is in which bowl!). Let your family do a taste test to try to guess which item is name brand vs. generic and to determine which taste is better. Then reveal the products along with the price difference. Consider how much money your family could save by buying generic products. Is it worth the difference for you?

Plate 1 Plate 2

<b>Food 1</b>	Which costs more?		
	Which tastes better?		
	Which has better nutritious value?		
<b>Food 2</b>	Which costs more?		
	Which tastes better?		
	Which has better nutritious value?		
<b>Food 3</b>	Which costs more?		
	Which tastes better?		
	Which has better nutritious value?		
<b>Food 4</b>	Which costs more?		
	Which tastes better?		
	Which has better nutritious value?		