

# April

The foods included in this checklist (sheet below) are:

- Kiwi
- Mint
- Rhubarb
- Asparagus
- Purple Sprouting Broccoli

## Preparation tips:

Kiwis are imported but are in season now. Point out to the children that they will have come here by boat or plane.

Encourage the children to chew a mint leaf. Some may wish to spit it out, so have a napkin ready. Try to make the association with toothpaste, mint ice-cream etc. Rhubarb at this time of year should be fairly pink and sweet, but may need to be slightly sweetened to enable children to try it fairly, as children are unlikely to eat rhubarb with no sweetening in "real life". Consider stewing in fruit juice or a small amount of sugar. Judge for yourself according to the sweetness of the rhubarb.

Asparagus should be steamed beforehand, you can get many small bite sized portion from a single stem as it is a strong taste for the uninitiated.

Purple Sprouting Broccoli is a strong flavour so keep to very small florets each.

For other foods in season visit:

- [http://www.bbc.co.uk/food/in\\_season/](http://www.bbc.co.uk/food/in_season/)
- <http://www.eattheseasons.co.uk/foodseasons.htm>
- <http://uktv.co.uk/food/homepage/sid/5185>

Print off and cut these strips vertically, one for each child

