

January

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

- Carrot
- Cabbage (red used here but can be any)
- Sprouts
- Parsnip
- Apples

Preparation tips:

Many children like raw carrots in thin sticks

Raw crunchy shredded cabbage may suit better than cooked cabbage.

Consider roasting or steaming the parsnip beforehand.

Sprouts can be raw, cut into quarters - very crunchy - or lightly steamed.

Apples will be stored varieties now, so see if you can find a British one and you can explain that it has been kept cool and dark since it came off the tree. Cut the apples just before using, or they will brown. Or put into some cold water with lemon juice in to help them keep better.

For other foods in season visit:

- http://www.bbc.co.uk/food/in_season/
- <http://www.eattheseasons.co.uk/foodseasons.htm>
- <http://uktv.co.uk/food/homepage/sid/5175>

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

