

# July

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

- Strawberry
- Pepper
- Cucumber
- Pea
- Tomato

## Preparation tips:

Strawberries should be ok for most children but be certain to get an ok from parents of any children who are prone to food reactions, as they are a common food for reactions.

If possible choose a red, yellow or orange pepper as they are sweeter than green ones and are more likely to be acceptable to those who have not tried them.

Most types of cucumbers work for this, but if you're lucky enough to be using home-grown outdoor ones, check the skins are not too thick to chew easily.

If you can get fresh peas, the children can look at and feel the pods after they have tasted them. Or shell some peas for the next group.

Cherry tomatoes work very well for this activity, large tomatoes are fine but the cut pieces often fall apart when sharing out.

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/5182>

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

