

June

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

- New Potato
- Lettuce
- Pea
- Mint
- Strawberry

Preparation tips:

Boil or steam the new potatoes. Ask the children to think about how they compare to chips or mash.

If you have children who are sensitive about textures, a crunchy lettuce will be better than a soft leaved one, which some children find clammy on their tongue. 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.

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. 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.

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/5183>

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

