

October

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

- Apple
- Pumpkin
- Tomato
- Courgette
- Carrot

Preparation tips:

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.

Roast or steam small pumpkin pieces.

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

Small young courgettes are firmer and tastier, so if you can get them small and cut into thin strips like you would for a carrot, you need not cook them and children often like the crunch.

Many children like raw carrots in thin sticks.

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/5179>

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

