

# September

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

- Blackberry
- Courgette
- Tomato
- Sweetcorn
- Pepper

## Preparation tips:

Have some wipes or tissues handy if your blackberries are ripe - purple fingers! 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.

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

Tinned or frozen sweetcorn kernels are fine for this - you can have a cob corn for children to look at and touch, but for tasting, a small pinch of kernels works well. 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.

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/5180>

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

