

February

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

- Cabbage
- Carrots
- Orange
- Cauliflower
- Rhubarb

Preparation tips:

Raw crunchy shredded cabbage may suit better than cooked cabbage.

Many children like raw carrots in thin sticks.

Oranges are imported but are in season right now. Point out to the children that they will have come here by boat or plane.

Some children really like tiny raw florets of cauliflower and find it easier to try than cooked. Or cook it lightly so it still has some crunch.

Rhubarb at this time of year should be fairly pink and sweet, but may need to be slightly sweetened to enable children to try it fairly, as children are unlikely to eat rhubarb with no sweetening in “real life”. Consider stewing in fruit juice or a small amount of honey. Judge for yourself according to the sweetness of the rhubarb.

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

