

May

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

- New Baby Carrots
- New Potato
- Asparagus
- Mint
- Peas

Preparation tips:

Many children like raw carrots in thin sticks, especially these crisp young ones.

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

Asparagus should be steamed beforehand, you can get many small bite sized portion from a single stem as it is a strong taste for the uninitiated.

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.

New peas are very sweet, they can eat them raw. Think about following up this exercise with a pea shelling session or even planting some!

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

