

November

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

- Pear
- Carrot
- Parsnip
- Apple
- Cabbage

Preparation tips:

Choose firm varieties of pear or you will have a very juicy mucky session – but make sure they are firm but not unripe and untasty. Put the pieces in cold water with lemon juice till you need them so they don't brown.

Many children like raw carrots in thin sticks.

Consider roasting or steaming the parsnip beforehand.

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.

Raw crunchy shredded cabbage may suit better than cooked cabbage.

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

