

August

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

- Tomato
- Courgette
- Sweetcorn
- Green bean
- Raspberry

Preparation tips:

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.

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.

French beans or bobby beans are usually more accessible for cautious children than mature runner beans, as they are crunchier and stringless.

Have some wipes or tissues handy if your raspberries are ripe – pink fingers!

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

