

December

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

- Apple
- Brussels Sprout
- Satsumas or Clementines
- Celery
- Cauliflower

Preparation tips:

Apples will be stored varieties now, so see if you can find a British one and you can explain that it has been kept cool and dark since it came off the tree. 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.

Sprouts can be raw, cut into quarters – very crunchy – or lightly steamed.

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

Celery is more difficult to guess when it is cut into little sticks than when it is in curved slices, and therefore children who think they don't like celery might give it a try that way.

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.

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

