

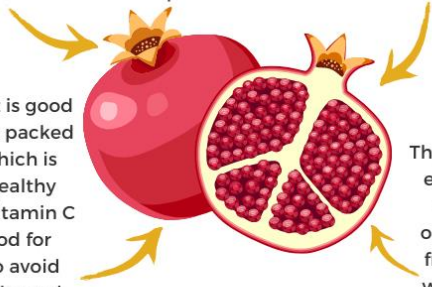
TRY SOMETHING NEW!

FOOD TASTERS!

POMEGRANATE

Round shape, like an apple, with a hard, shiny skin that is red or pink

Inside, you'll find lots of tasty little red seeds that are juicy and sweet



This tasty fruit is good for you too! Its packed with fibre which is good for a healthy tummy, and vitamin C which is good for helping us to avoid getting coughs and colds

The seeds can be eaten on their own but are often served in fruit salads, or with meat like lamb or chicken

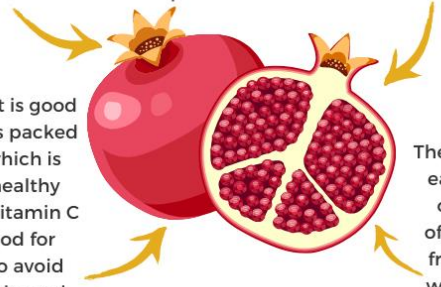
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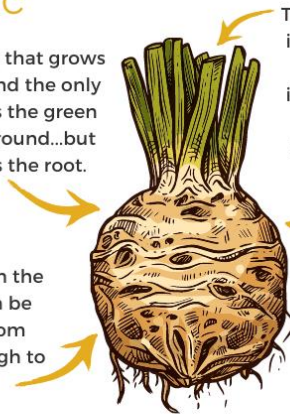


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CELERIAC

It is a vegetable that grows underground and the only part you'll see is the green shoots above ground...but the bit we eat is the root.



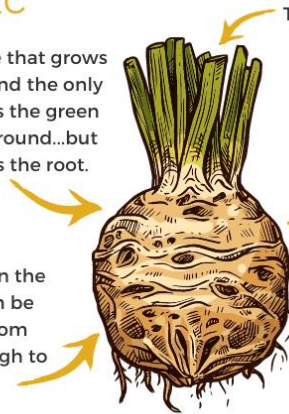
This vegetable contains an important nutrient called vitamin B6, which is important for keeping our brains healthy and for helping us to feel happy!

It grows well in the UK and it can be harvested from October through to March

You need to peel it, then it can be eaten raw or cooked, for example in coleslaw, blended into soup, or mashed with potato!

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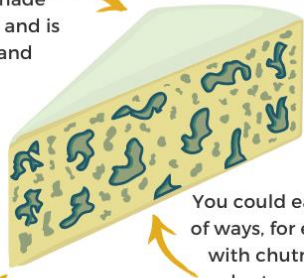
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STILTON - BLUE CHEESE

This cheese is made using cow's milk and is made in England



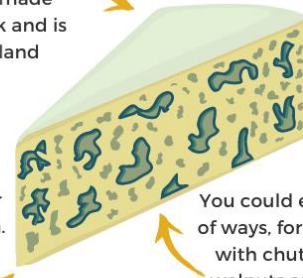
It has a creamy, crumbly texture and a strong flavour

This type of cheese that has the blue bits in it, is good for our digestive health. That means keeping our tummies healthy!

You could eat this cheese in lots of ways, for example on crackers with chutney, in a salad with walnuts and pear, or on apple slices or celery sticks!

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