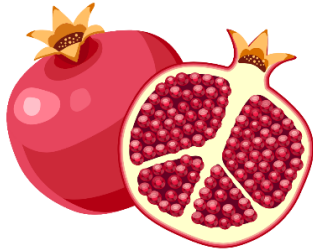


TRY SOMETHING NEW!

FOOD TASTERS!

POMEGRANATE

- This fruit originated in the Middle East, from an area that reaches from Northern India to Iran.
- They have a round shape, like an apple, with a hard, shiny skin that is red or pink - But don't eat the skin!
- Inside, you'll find lots of tasty little red seeds, that are delicious! They're juicy and sweet, and can be eaten on their own, or pressed to make pomegranate juice!
- This tasty fruit is good for you too! Its packed with fibre, vitamin C and antioxidants!
- The seeds can be eaten on their own but are often served in fruit salads, or savoury salads too.
- Serving suggestions: with Moroccan cous cous, Persian slow cooked lamb, or even roasted carrots with goats cheese and pomegranate!

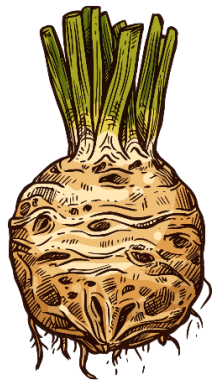
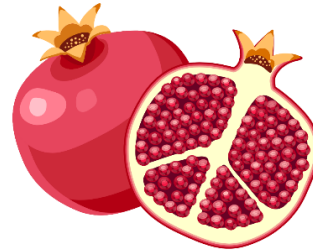


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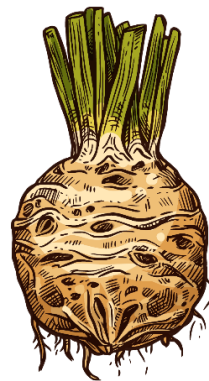
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CELERIAC

- A root vegetable that's from the same family as celery!
- It grows underground and the only part you'll see is the green shoots above ground...but the bit we eat is the root.
- This veggie is grown all over the world and grows well in the UK - it can be harvested from October through to March
- Nutritionally, this vegetable is low in fat and is a great source of fibre, and vitamin B6, which is an important nutrient for brain health and mood regulation
- You need to peel it, then it can be eaten raw or cooked, and can be used in a variety of ways...
- Serving suggestions: raw and grated into coleslaw, roasted, blended into soup or mashed with potato!

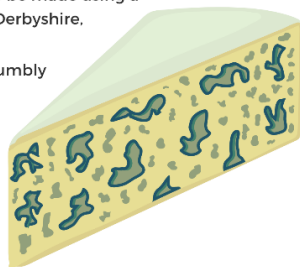


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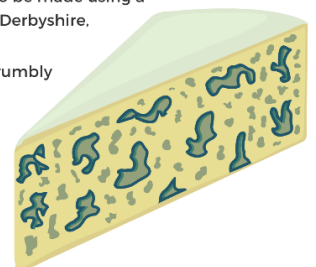
STILTON - BLUE CHEESE

- This cheese is made using cow's milk
- For a cheese to be called Stilton is has to be made using a specific process, and be made in either Derbyshire, Leicestershire or Nottinghamshire
- This blue veined cheese has a creamy, crumbly texture and a strong flavour
- Blue cheese is good for our immune system and gut health! For the blue veining to develop in cheese it requires safe, good bacteria which develops or is added through the cheese-making process. This good bacteria are called probiotics and help to keep your digestive system healthy!
- Serving suggestions: on crackers with chutney, in a salad with walnuts and pear, or on apple slices or celery sticks!



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