

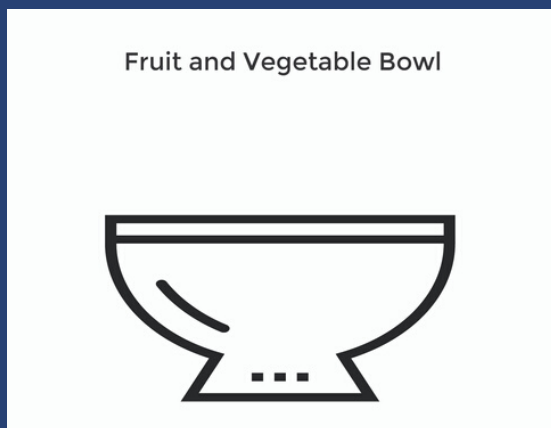
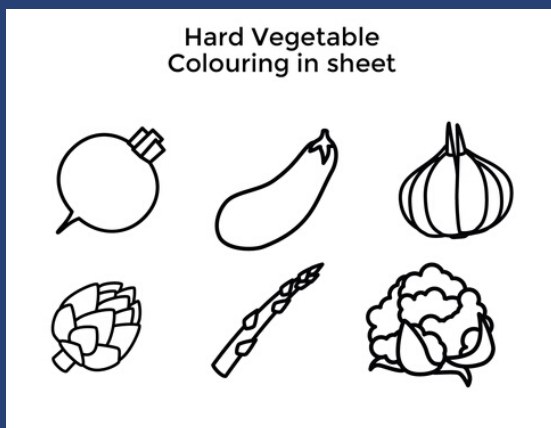
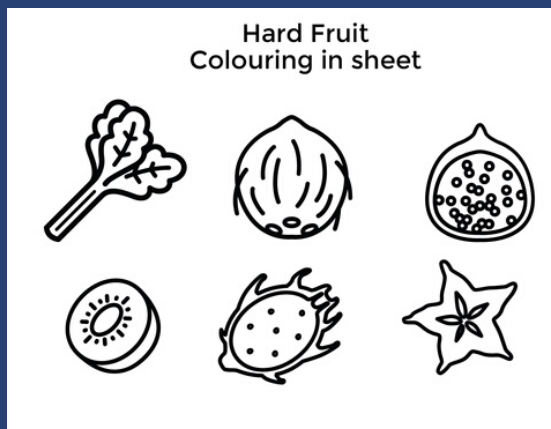
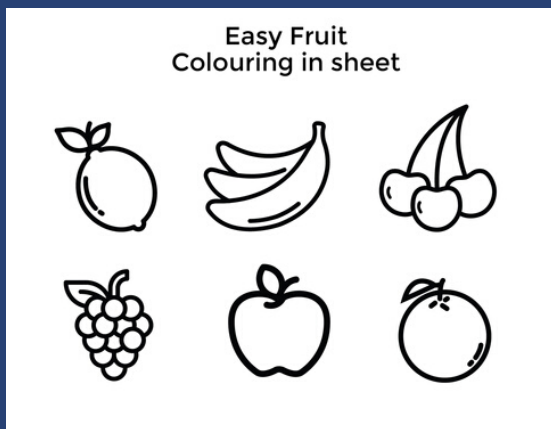
WHAT'S IN THE FRUIT BOWL?



Step One: Ask your child/ren to colour in the fruit and vegetables and see if they can name each one (we've picked some hard ones).

Step Two: Cut out the fruit and vegetables and make your fruit bowl using the empty bowl sheet.

image link in bio



Step Three: See if you can add one fruit and vegetable from the bowls in your meals or as a snack for that week



Step Four: Have a look at some not so common fruit and vegetables and do a taste testing experience with your child/ren. Did you know, you eat with your EYES!

Try getting children to taste a food before they see it and get them to try and guess what it is! Can they notice the difference in textures between raw and cooked food?

