



## **Have fun learning about your Roots!**

Using the Root information sheet and tasting sheet, why not have fun with children, learning, tasting and enjoying your root vegetables.

Taste and texture

Purchase a variety of root vegetable ,explain that they will be tasting different kinds of root vegetables.

Show them a variety of root vegetables (perhaps start off with those most familiar carrots, potatoes, radish, spring onions, cooked swede).

Ask if they have eaten any of these vegetables before.

Put a slice of each root vegetable on each child's plate.

Taste one root vegetable at a time, then complete the taste sheet. Once complete discuss which root vegetable was their favourite and why.