

## VEG CUT-OUTS: A GUIDE FOR TEACHERS

We hope that the children at your school will have lots of fun using these veg cut-outs, which have been created by TastEd (short for Taste Education) with art by Annabel Lee, words by Bee Wilson and kindly shared with Veg Power for you to use in your classroom.

We believe that familiarity and play are a great way make vegetables exciting and appealing. For your Reception, Year 1 and Year 2 you'll find a different vegetable cut-out for each week in your school pack.

With each vegetable cut-out there are **THREE ACTIVITIES**. Firstly, the pupils will love **COLOURING THEM IN**. You can use the artwork to decorate them to decorate the school or send them home with the children. Secondly, each one includes **FUN FACTS** to engage and challenge the children. Finally, if you can source some fresh veg into your classroom then the kids will have great fun with the **TASTE EDUCATION** and might enjoy tasting some food.

Week of 24 February

**CARROTS**

Week of 3 March

**PEAS**

Week of 10 March

**SWEETCORN**

Week of 17 March

**BROCCOLI**

Week of 24 March

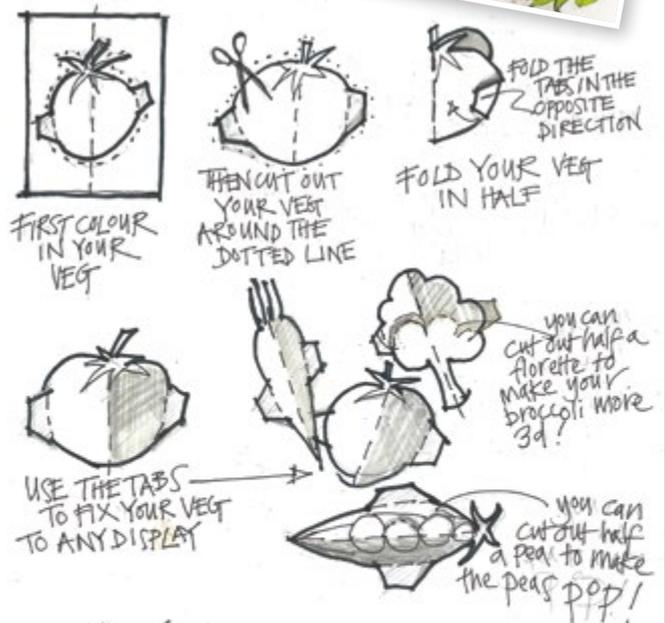
**TOMATOES**

Week of 31 March

**PEPPERS**

### HOW TO USE VEG CUT OUTS

Ask children to colour in the vegetable of the week, being as creative as possible. Remember that peppers, corn, tomatoes and carrots come in many colours. Show the children photos from the internet of vegetables with unusual colours such as purple carrots, multicoloured Mexican corn or black tomatoes. Let the children use different media, such as a collage with shiny paper for peppers or peas, scrunched up tissue paper for broccoli, pieces of string for the stripes on a carrot or textured card for the sweetcorn. When all the veg has been decorated, use it to make a display in school and share it with us on Twitter @tastedfeed and #EatThemToDefeatThem. The cut-outs can be coloured in flat or used to make simple pop-ups. (Instructions on the right.) >>



### HOW TO ASSEMBLE YOUR VEGETABLES

by Annabel Lee



## HOW TO USE THE TASTED ACTIVITIES ON YOUR VEG CUT-OUT CARDS

Each of the cards includes an activity based on one of the five senses: Smell, Taste, Touch, Sight, Hearing (and the activity for peas uses all five senses). You can turn these into simple taste education lessons.

To get ready for every TastEd lesson, try to buy a selection of the most delicious produce you can find. It's better to have a small quantity of something fresh and tasty than a larger quantity of something dull and watery because the aim of the lesson is to make veg seem exciting. Before you start, rinse any produce for tasting in a colander and ask the children to wash their hands.

Get everyone sitting down and say that today we are doing a TastEd lesson. We are going to use our five senses. Ask the children to name their senses and which part of the body they use for each sense. Explain that the two golden rules are that 'no one has to like' and 'no one has to try'. This is counter-intuitive, but it removes all pressure from the situation and makes it easier for children to try new foods. Most of the TastEd lessons take the focus away from tasting. We find that after a child has explored a vegetable using their other senses – looking at the pepper, smelling the tomato, touching the knobbly sweetcorn – it becomes easier for them to taste it willingly.

Follow the instructions on the



## VEG FACTS

Each of the cards comes with a fun 'veg fact'. These are designed to spark discussion and debate among the children. You could ask the class if the tomato is a fruit or vegetable? How can we decide? (Botanically it is a fruit but it is grown and eaten as a vegetable). Or you could have a debate about the colour of vegetables. Why do we think that orange carrots are normal today? To our ancestors hundreds of years ago, purple carrots were the normal ones and orange carrots would have seemed strange.

card. Take your time to allow each child in the class to share their observations. Encourage them to use similes, e.g. "The pepper looks like a spaceship," or "The carrot sounds like giant footsteps." At the end of each lesson, the children have the chance to try the vegetables, remind them that if they don't want to eat the food, it's OK to lick or smell it instead. If someone says they hate a particular vegetable say, "That's fine - but can you tell me why?" For example, 'I don't like the tomato because it is squishy'.

At the end of each lesson, we always ask, "Did anyone try any new foods today?" Over time, it becomes a point of pride for a child to say that they tried a yellow tomato or a crunchy carrot for the first time.

## More about TastEd

Each of the veg cut-outs includes a simple sensory activity from TastEd. This is a new system of food education, based on the Sapere method which has been tried and tested in Finland, Sweden and France, among other countries. TastEd (which has been pioneered at Washingborough

Academy in Lincolnshire) is more carrot and less stick.

The idea is that children learn best about food through direct experience, using their own senses, rather than by lectures on 'five-a-day'. TastEd lessons – which are tailored to deliver U.K. curriculum for D & T as well

as speech and language - are designed to give children a curiosity and confidence about trying new foods, especially vegetables. Many British children today grow up with very limited palates accustomed to sugary and highly processed foods. TastEd lessons offer children to develop their food

literacy; exposing children in a positive and engaging way to a range of health foods, equipping them with techniques to enjoy more vegetables and to become more confident eaters. To find out more about using TastEd in your school and for a range of free lesson plans and PowerPoints go to [www.tasteeducation.com](http://www.tasteeducation.com)

**EAT THEM  
TO DEFEAT THEM**

TastEd