

# A Recipe to Grow, Play & Learn

## Lunch: Fruity Rainbow Couscous

This resource provides activities for learning that link to a healthy recipe for lunch for Early Years children.

This resource includes:

Strawberry wellies	Personal, Social & Emotional Development: Managing Self, Building Relationships; Physical Development: Fine Motor Skills; Understanding the World: The Natural World
Trying new flavours	Communication & Language: Speaking; Personal, Social & Emotional Development: Building Relationships;
Fruit & veg colour matching	Physical Development: Fine Motor Skills; Literacy: Word Reading
Colouring a fruit rainbow	Physical Development: Fine Motor Skills; Expressive Arts & Design: Creating with Materials / Being Imaginative & Expressive
Recipe for Lunch: Fruity rainbow couscous!	Personal, Social & Emotional Development: Self-Regulation; Physical Development: Fine Motor Skills

### Literacy Links:

**The Red Ripe Strawberry;**  
**The Little Mouse; The Hungry Bear**

by Don & Audrey Wood

**Oliver's Fruit Salad**

by Vivian French

**Handa's Surprise**

by Eileen Browne



# Strawberry Wellies

Old wellies make fun containers for growing strawberries and lots of other plants in small spaces. Ask parents and carers to bring in some old wellies from home if they have any they don't need any more.



You will need:  
**old wellies**  
**gravel or stones**  
**compost**  
**strawberry plants**  
**(standard or alpine)**



## Top Tip!



For extra drainage put a few holes in the bottom of the wellies. You could also cut a couple of extra slits into the sides of each welly to fit more plants in.

**1** 

Place a layer of gravel or stones at the bottom of each welly before filling with compost, leaving enough space to add your plant.

**2** 

Gently tip your plant from its pot and add it to your welly. Secure the plant in place by filling around the edges with compost and firming the compost down.



**3**

Water regularly as compost in containers can dry out quickly! And cover your plants with netting once the fruit appears to keep off the birds!



## CAUTION:

Some children have strawberry allergies and come out in a red rash when they eat them.

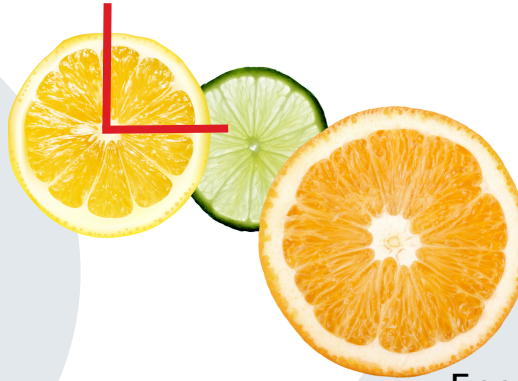


# Trying new flavours

Encourage children to try new flavours - you could focus on citrus fruits, or try each fruit in the Fruity Rainbow Couscous recipe. It is also a great opportunity to introduce new vocabulary.

1

Slice up enough small pieces of each fruit for everyone to have one. A quarter of a slice of lemon, for example, should be enough for each child.



2

Encourage them to touch and smell each of the fruits.

What do they feel like?  
Do they like the smell?  
Can they think of any words to describe the smell?



3

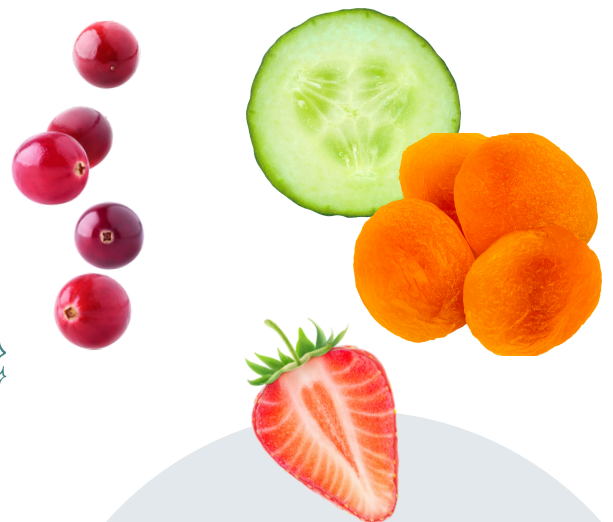
If they feel brave enough, encourage them to taste each fruit. However, don't force them to do so if they do not want to.

Can they think of any words to describe the taste?

Sweet

Sharp

Juicy



Try squeezing some fresh lemon, lime or orange juice into water to make your own flavoured water!

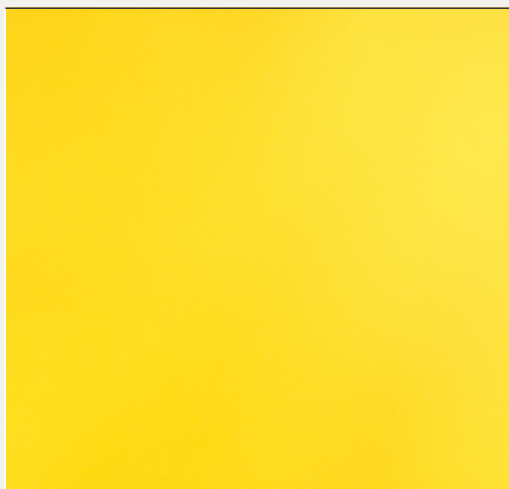


For more guidance on Taste Education, visit [www.tasteeducation.com](http://www.tasteeducation.com)

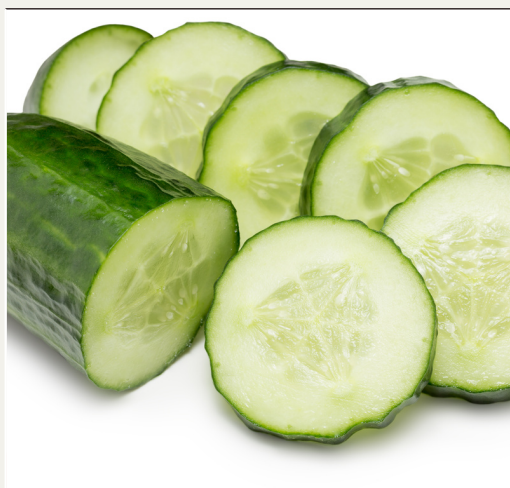
## Fruit & veg colour matching



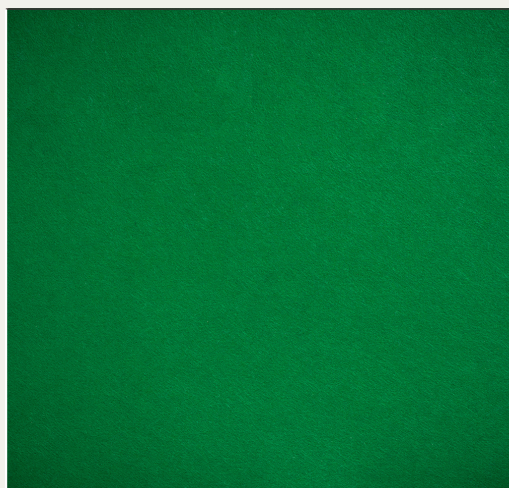
lemon



yellow



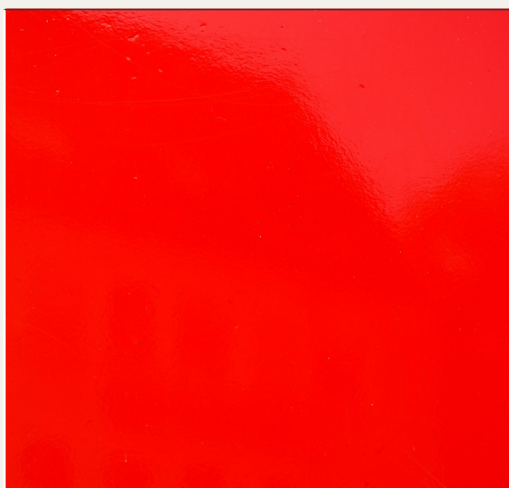
cucumber



green



tomato



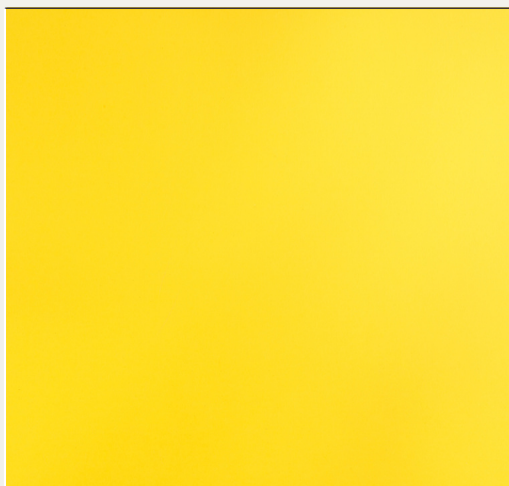
red



## Fruit & veg colour matching



sweetcorn



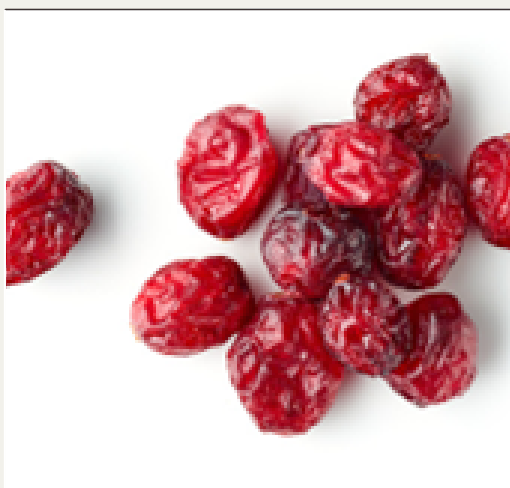
yellow



apricots



orange



cranberries



dark red

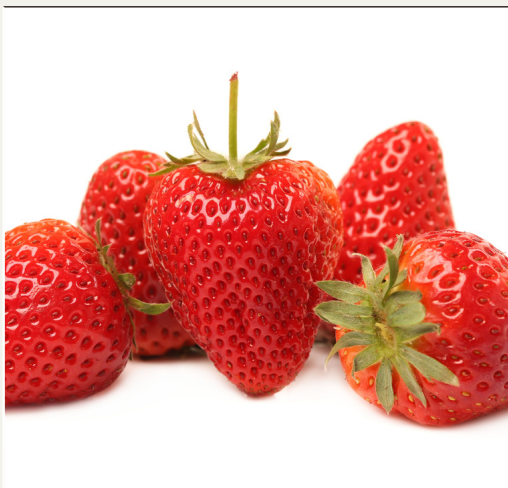
## Fruit & veg colour matching



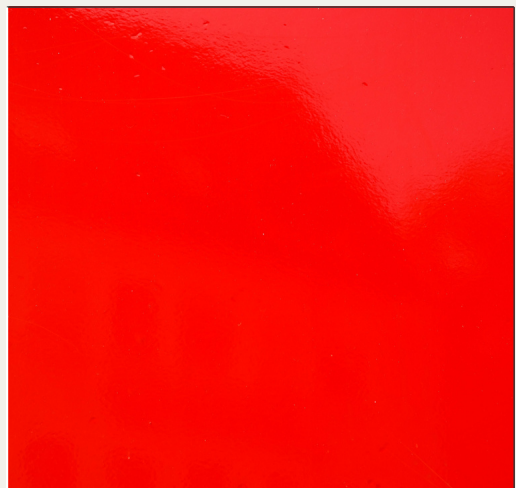
peas



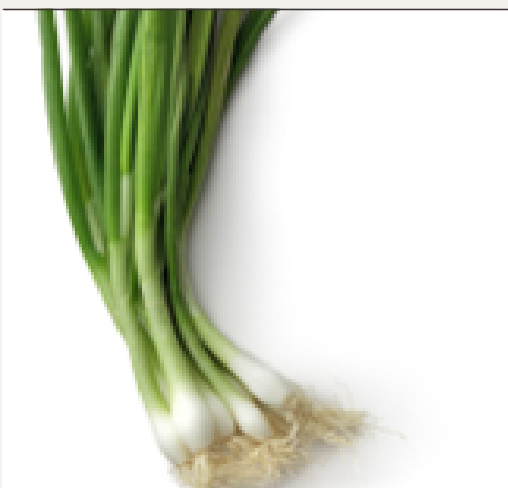
green



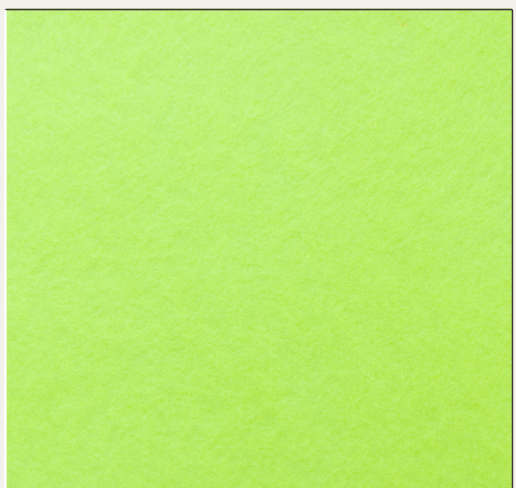
strawberries



red



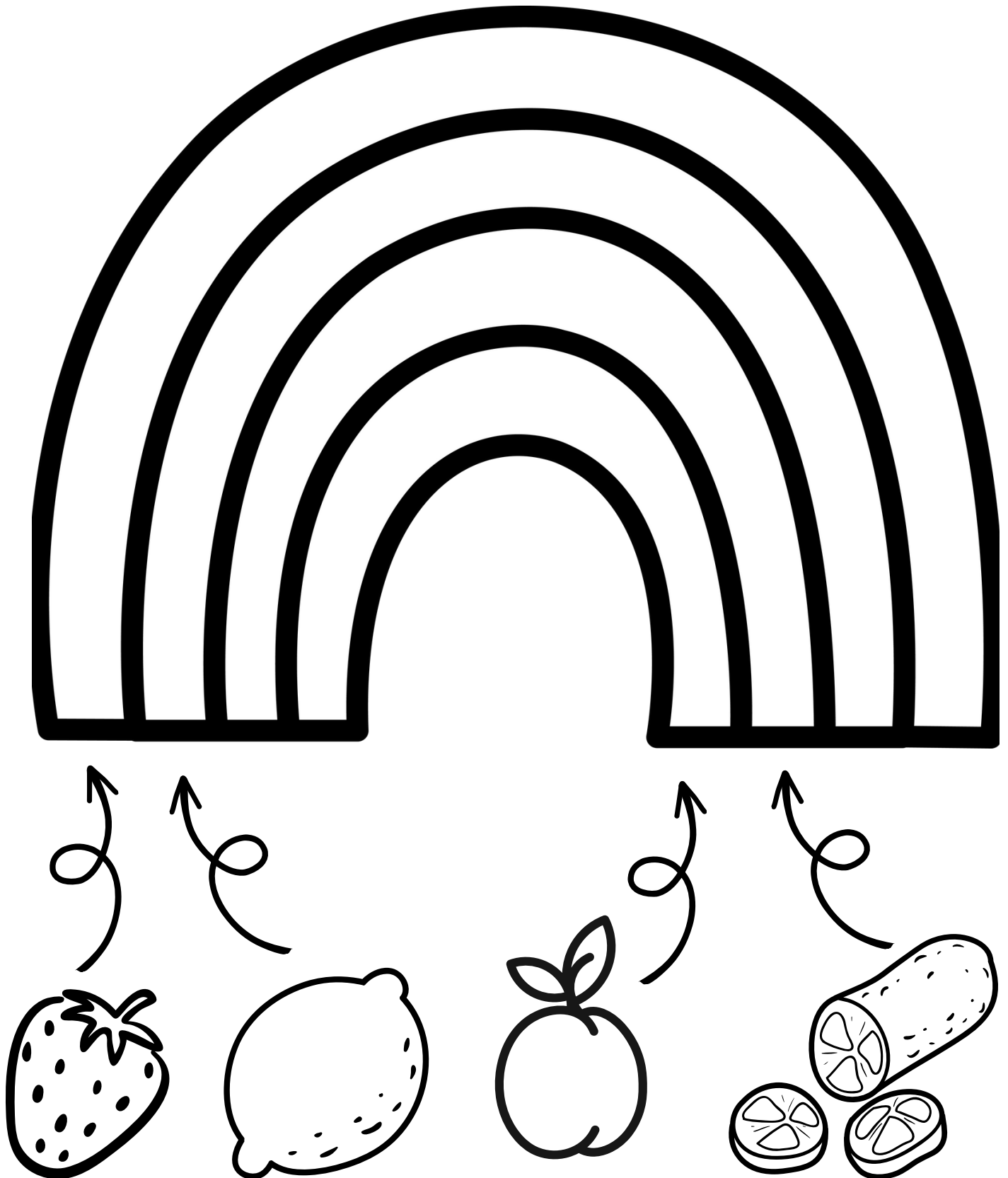
spring onions



light green

## Colouring a fruit rainbow

Using the colours of the fruit, encourage the children to colour in their own fruit rainbow.



# Fruity Rainbow Couscous with Lemon Dressing

Serves 4 - 6

## Ingredients (allergens in bold)

- 100g couscous
- 100ml veg stock made with 1 teaspoon veg bouillon stock mix
- 2 spring onions
- 10 cherry tomatoes
- 2 tablespoons chopped cucumber
- 2 tablespoons sweetcorn
- **1 tablespoon dried cranberries**
- **1 tablespoon dried apricots chopped**
- 4 strawberries, chopped
- 1 tablespoon fresh or frozen peas

## For the dressing

- Juice of 1 lemon
- 2 tablespoons olive oil

## Method

1. Pour the dried couscous into a bowl.
2. Add 100ml of boiling hot veg stock to the couscous.
3. Cover and leave to absorb for 5 - 10 mins.
4. Once the couscous has absorbed the water, mix and fluff up with a fork
5. Finely slice the spring onions.
6. Chop the cucumber and tomatoes.
7. Drain the sweetcorn, kidney beans and/or chickpeas (rinsing well). Add to the bowl.
8. Chop the apricots & cranberries into small pieces and add to the bowl.
9. Add in the strawberries and peas.
10. Squeeze the lemon on top or drizzle with the dressing.
11. Enjoy!



## Equipment:

- Large mixing bowl
- Measuring jug
- Kettle
- Fork
- Chopping board
- Tablespoon
- Vegetable knife
- Sieve

