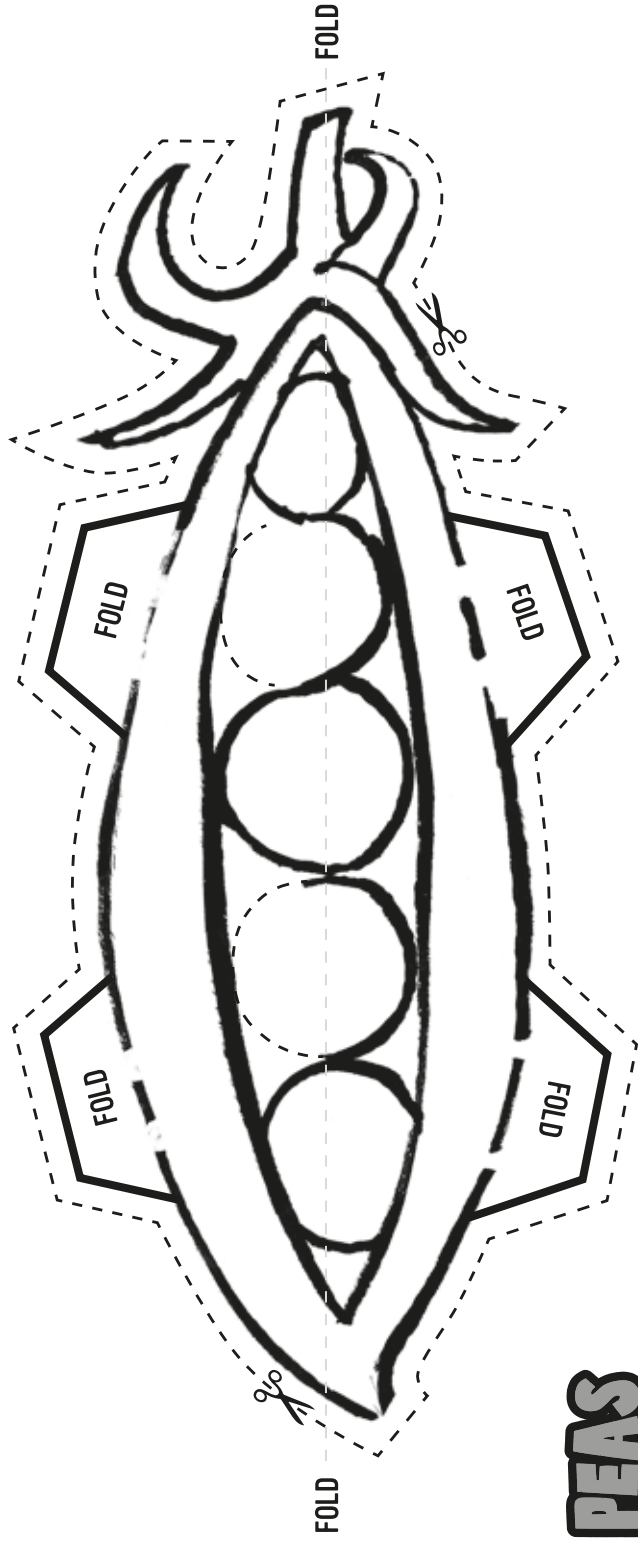


**EAT THEM
TO DEFEAT THEM**

TastEd



The ancient Greeks and Romans loved to eat peas, although unlike us they didn't have frozen peas so every single pea had to be removed from the pod by hand.

ALL THE SENSES: Take a sugarswap pea and look at it really carefully. How would you describe its colour and shape? How does the pod feel? Now open it up to see the tiny peas inside. Taste the pod and the peas. How do they in your mouth? How does the pea taste? Do you prefer the taste of the peas or the pod and can you say why?

TastEd is short for Taste Education. It is a fun programme of food literacy designed to help children learn to love vegetables and fruits.

For more information go to www.tasteeducation.com



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