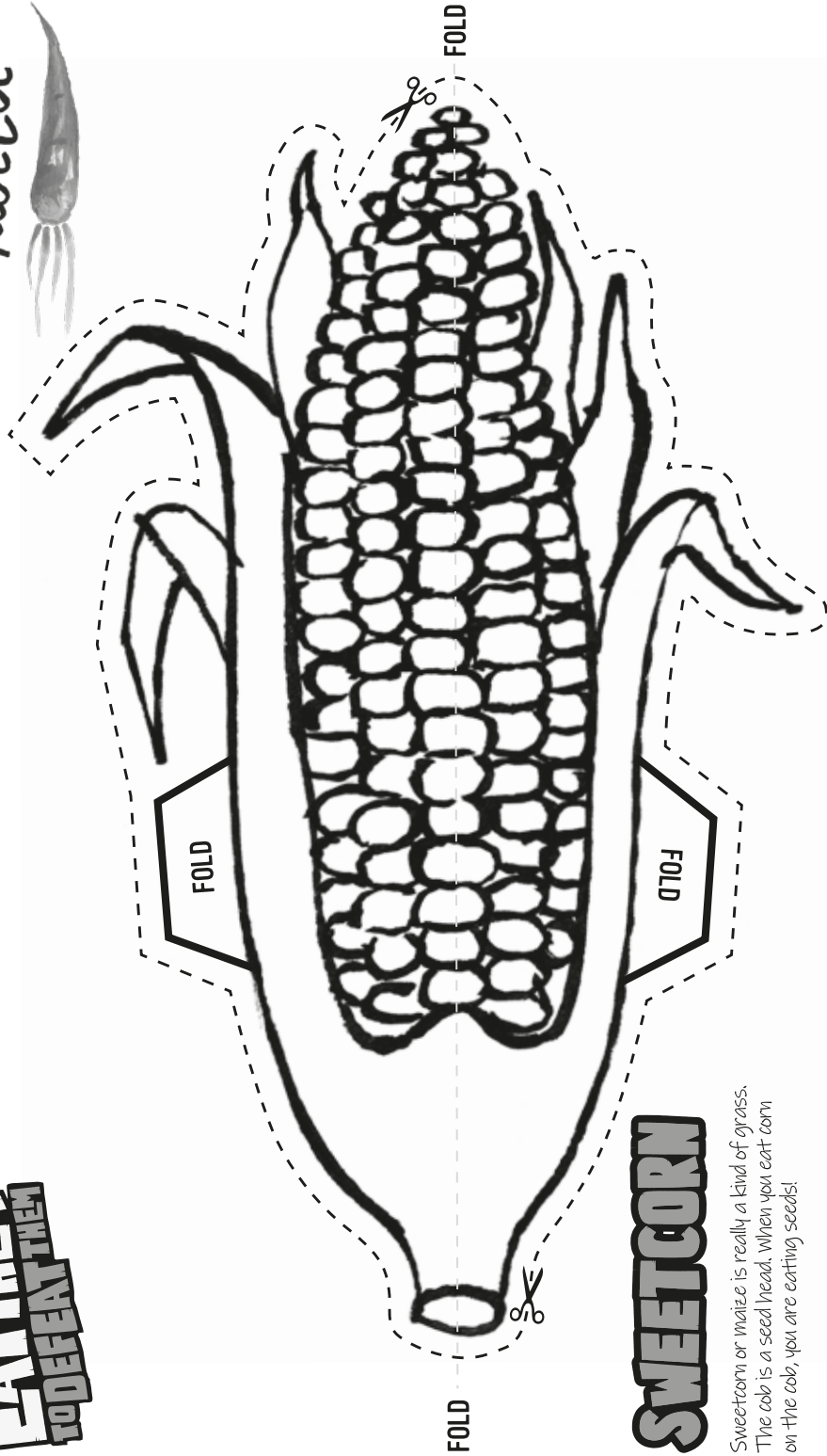


**EAT THEM
TO DEFEAT THEM**

TastEd



SWEETCORN

Sweetcorn or maize is really a kind of grass. The cob is a seed head. When you eat corn on the cob, you are eating seeds!

TOUCH: Take a whole corn on the cob and run your fingers up and down it. What does it feel like to you? If your corn on the cob still has a green leafy layer on the outside (a husk) you can feel that too. Now ask an adult to cut some corn kernels off the cob and taste them (if you like). What do the kernels feel like in your mouth?

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

