

Making delicious rainforest food

You may be surprised at how tasty many of the rainforest foods are.

Here is a simple way of trying them.

Get a variety of the fruits, and also some cashew nuts and flaked chocolate.

Some tubs of Crème fraiche or yoghurt and some sugar.

Get some fairy cake cases (paper) and set them out on a tray. You need one for everyone in the class.



Peel and then divide up the fruits you have into small pieces. We will be putting them into the fairy cake cases, so keep them small.

Now put a large dollop of crème fraiche or yoghurt in each fairy case until it is about three quarters up the case.

Push in, carefully, a piece of each of the fruits you have. Add a cashew nut and sprinkle with chocolate flake. You can also sprinkle with sugar if you like.

Now you have a rainforest treat, and you can try just a small piece of each fruit and nut.

1. Which of the fruits did you like most?

.....

.....

.....

2. Do you think this was a healthy meal?

.....

.....

.....

Making delicious rainforest food

Here is a way of getting children to try a variety of fruits and, as they are in small pieces, they may find even the strange palatable. The crème fraîche, chocolate and sugar help. Only the crème fraîche, which is there to add a creamy texture, is not from a rainforest (originally).

You may like to make up a variety of other simple recipes that do not need cooking. For example, you could put other fruits on a banana slice.

The objective is to get children to taste a variety of fruits, talk about the importance of fruits and healthy diets.

If you want to extend this, you can talk about the people who grow these fruits and the whole idea of fair trade for small producers.

