



Age
0-3

Food



With your child, find a plant at Kew that is used for food.

(Support your child to find a plant they recognise as having edible parts.)

Try looking in the Kitchen Garden, Grass Garden or Palm House.



Once you have found a plant, look closely together.

Which part/s of the plant can you eat?

The fruit? The leaves? The seed?



Ask your child...

What shape and colour is the food part of the plant? Have you eaten this food before? What does it taste like?



Act out how you would eat the edible parts of this plant...

Do you need to prepare it first? Do we eat it with a knife and fork?



With your child, look for other plants you can eat and compare them..



Can you find examples of fruits, seeds and leaves we eat? (You might even find some in your lunch!)

Use words like: vegetable, herb, seed, fruit, ripe, spice, peel, cook, chop, delicious.

Did you know?

Some plants are used to add flavour to our food, such as herbs and spices.

Nutmeg is native to the Maluku or 'Spice Islands' of Indonesia.

Despite its name, nutmeg is actually a seed, not a nut. The nutmeg seed can be dried and ground into a spice, used to flavour dishes such as curries and soups.