



Caribbean Food

This workshop looks at fruits and vegetables grown in the Caribbean and other tropical countries. We discuss where and how they are grown and pupils get to smell and touch a variety of different foods: yams, plantains, saltfish, dasheen, ackee and more. The session is finished with pupils tasting various foods.

“I would recommend this workshop as it encourages acceptance and understanding of different cultures.” Yr 6 teacher from Sycamore Primary School

The aims of the session is to:

- * Look at a variety of different foods grown in the Caribbean.
- * Facilitate a discussion about favourite foods.

The objective of the session is:

- * To understand about the traditional foods eaten in the Caribbean.
- * To encourage pupils to try different foods.