



Quiz

- 1 Which was the bird of choice before turkey became the most popular option for Christmas dinner in the UK? a) pheasant b) goose c) pigeon
- 2 What two foods make a 'pig in blanket' in the UK? 
- 3 Recipes for mince pies and Christmas pudding used to contain meat. True or False?
- 4 What is the world record for the most sprouts eaten in one minute? a) 56 b) 18 c) 31
- 5 Which Christmas dinner vegetable is regularly voted as people's least favourite?



Did you know...?

- * Over the years, traditional Christmas dinner choices have been influenced by the royal family, who started eating turkey instead of goose.
- * In the USA, the 'blanket' of a pig in blanket is pastry whereas in the UK it's bacon.
- * Christmas pudding didn't start out as a pudding at all. Like mince pies, the main ingredient was meat, with fruit and spices added to help preserve it for longer. The recipe became meat free in the Victorian times.
- * What if you don't eat meat? Nut roasts are a popular vegetarian option at Christmas time, usually made of nuts, grains, mushrooms and cranberries.
- * There are over one hundred varieties of Brussels sprouts, and they are packed with vitamins. These mini cabbages also have hidden powers – in 2013, 1000 Brussels sprouts were used to power a Christmas tree in London.

Seasonal vegetables

Which foods are at their best between December and February?

Eating seasonal foods is usually cheaper as they are easier to produce, taste better, and are better for the environment as they don't have as far to travel to reach our plates.

These vegetables are in season over winter. Can you name them all?
How many have you eaten at home or in your school lunches?

