

How to create a pepper train



Did you know 1 in 3 primary school children eat less than one portion of vegetables per day?

Encourage your little ones to try more vegetables by making this fun vegetable train!

What you'll need

- Chopping Board
- Sharp Knife
- Cocktail Sticks
- 3 Peppers
- 1 Carrot
- 1 Courgette or Cucumber



1

Wash your hands with hot, soapy water.

Rinse the vegetables under a tap to remove any dirt.



2

Take a sharp knife and a chopping board. Carefully carve a square in to the side of each pepper.

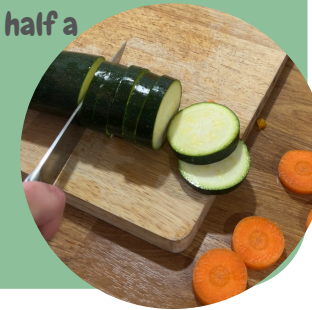
Children should always ask an adult for help when using a knife!



3

Slice the carrot and courgette or cucumber in to slices.

Each slice should be roughly half a centimetre wide.



4

Carefully pierce the side of the pepper with a cocktail stick. Then add the courgette/cucumber and carrot to create the wheels of the train.

Repeat on each side of the pepper. Then do the same with the remaining peppers.



5

Create your train by lining up the peppers in a line.



6

Use the square hole in the peppers to hold veg sticks!

We added cauliflower to create the effect of smoke at the front of the train!

