

Ingredients for a cheese tasting

Cheeses

One hard sharp cheddar

One soft spreadable cheese

One very strong cheese like a parmesan

One cheese you can fry like halloumi

One crumbly cheese like feta

You can also try blue cheeses or weepy cheese like camembert if your kids are adventurous

Bases

One bread base – wholewheat is good for tasting but if your kids only eat white, stick with what they are comfortable with

One cheesy kind of cracker – like Ritz or Cheez-its

One nutty kind of cracker – we used Ryvita but any rye or dark cracker will do

Any other kind of cracker – e.g. melba toast or grahams

Spreadable Accompaniments

Sweet jellies – like damson jelly, raspberry jam

Sharp-but-sweet preserves like lemon curd or cranberry jelly

Marmite or vegemite from the British section of the supermarket is a really unusual taste to try (small doses!)

Spicy items like jalapeno jam or indian chutneys

Interesting relishes

Salsa

Mayo

Ketchup

Fresh Accompaniments

Cucumber

Apple

Scallions

Red or yellow onion

Capsicum

Grapes

Berries

Plums or damsons

Tomatoes

Dill pickles

Sweet pickles