

Curious corner

October 2026

Feeding
Growing
Minds



**Autumn's
Tastiest
Superstars!**

Fun facts, food
adventures and a
challenge you can
complete at home!

**Draw
Your
Lunch!**

PLUS!
Super-fun
activity
pages

Octobers Seasonal superstars

October is a great time to enjoy delicious fruit and vegetables! When foods are in season, they are ready to be picked and enjoyed at their very best!

Eating different fruits and vegetables throughout the year gives our bodies a colourful mix of nutrients to help us grow, learn and play. Choosing British produce can also support local farmers and help reduce the distance food travels to reach our plates.

As summer changes into autumn, fields, orchards and hedgerows across the UK are bursting with colour and flavour. Let's meet some of October's Seasonal Superstars!

Pumpkin Challenge:
How many pumpkin recipes can you think of?

Pumpkins

Pumpkins aren't just for Halloween! British-grown pumpkins are naturally sweet and can be used in soups, roasted dishes and lots of tasty autumn recipes.

Super Fact! Some giant pumpkins can grow as heavy as a grown-up!

Did You Know?
Beetroot is one of the brightest-coloured vegetables you can eat!

Beetroot

Beetroot is bright purple and has a naturally sweet, earthy taste. It can be enjoyed cooked or raw and adds a splash of colour to lots of meals.

Super Fact! - Beetroot can turn your tongue pink or purple after you eat it!

Did you know?
Parsnips are closely related to carrots

Parsnips

In October, British farmers harvest parsnips from their fields, ready to be roasted, mashed, or added to tasty soups. Their sweet flavour makes them perfect for warming meals such as soups and roast.

Super Fact! Before sugar became common, people sometimes used parsnips to sweeten cakes and puddings!

Autumn Harvest

Pears

Pears become soft, sweet and juicy when they're ripe. Varieties such as Conference pears are grown in the UK and are perfect for snacks, desserts and lunchboxes.

Pear Power!
Pears contain fibre, which helps keep your tummy happy.

Super Fact!

A pear tree can keep growing fruit for many years.

Butternut Squash

British butternut squash grows on leafy vines and is ready to harvest when its skin turns a warm beige colour. Packed with vitamins and natural sweetness, it is a delicious autumn vegetable enjoyed across the UK.

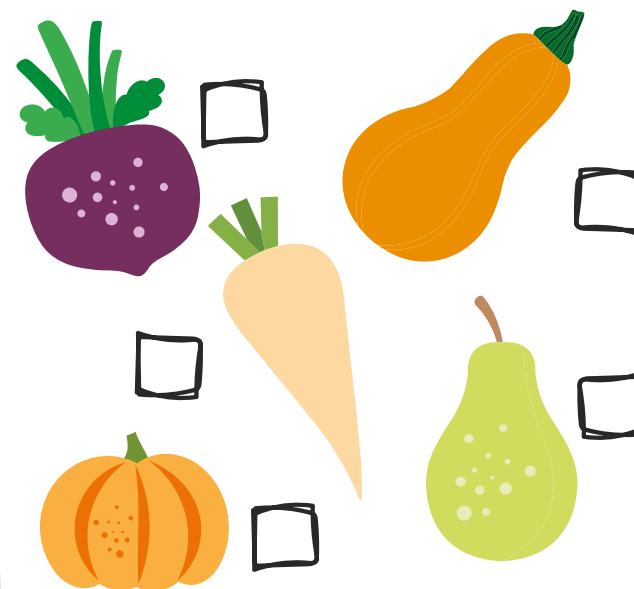
Super Fact! Some butternut squashes can grow as heavy as a bowling ball!

Did you know?
A butternut Squash is technically a fruit

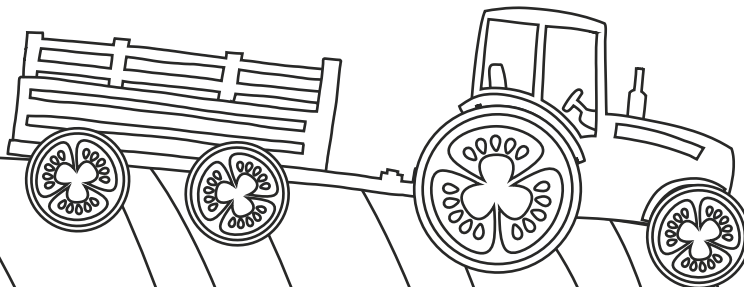
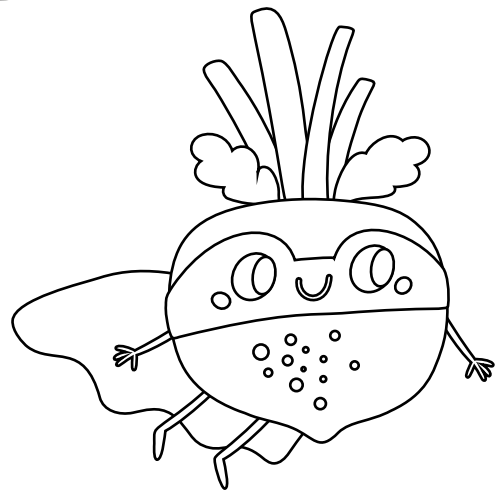
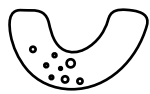
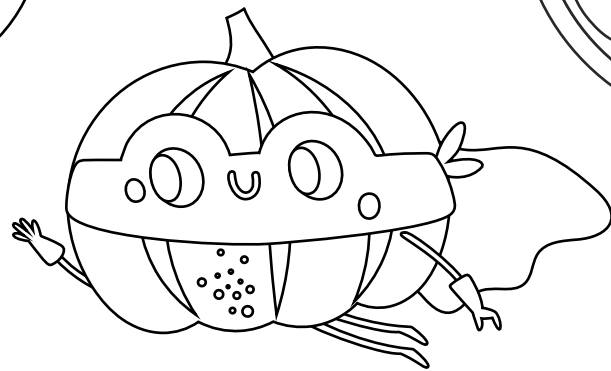
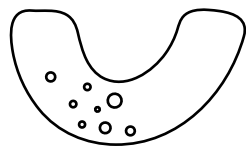
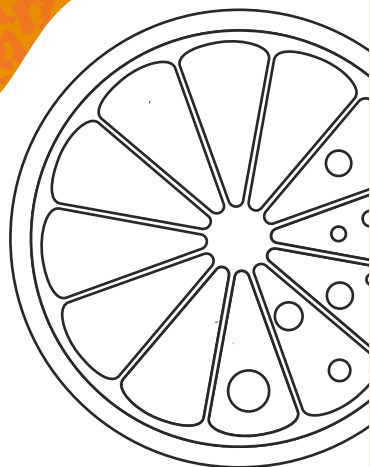
Seasonal Superstar CHALLENGE!

Can you try three seasonal foods this month?

Tick them off as you try them and discover your new favourite!

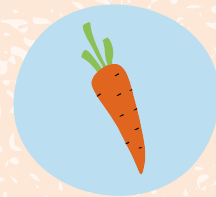


Help the farmer find their way to the pumpkin patch!



Colour Me in!

MATCH THE FOOD TO THE PLANT



SPOT THE 5 DIFFERENCES!



Activity Pages

Can You Find All The Words?

Find the words in the wordsearch below, they could be: up, down, across, backwards or diagonal!

R	R	S	N	P	P	P	R	U	E	R	S	S	L
N	P	N	E	P	U	M	P	K	I	N	A	A	P
P	U	R	E	H	V	R	E	T	P	H	P	P	A
O	B	R	R	T	S	A	V	T	E	O	T	Y	U
V	P	A	R	S	N	I	P	L	A	L	R	R	E
P	E	L	P	P	A	H	P	E	R	L	P	R	A
T	R	S	A	O	A	L	A	A	O	C	N	E	I
T	R	O	P	R	S	M	U	V	R	C	Y	B	L
B	U	U	V	S	O	N	E	E	P	A	P	K	P
T	H	E	P	A	U	M	R	S	L	R	S	C	U
K	S	R	E	M	P	U	A	M	E	R	R	A	E
T	H	L	A	U	E	T	H	O	B	O	R	L	N
A	B	R	P	R	N	U	O	Y	L	T	U	B	C
A	U	U	I	A	P	A	B	P	Y	P	E	P	L

WORDS TO FIND

APPLE
CARROT
BLACKBERRY
LEAVES
PUMPKIN
SOUP
AUTUMN
HARVEST
PARSNIP
PEAR



WIN Zoo tickets for you and the family!*

Draw your favourite lunch from the HCL menu at your school, and tell us why you think it's the best, on a blank piece of paper, for a chance to win zoo tickets for you and your family!

Our HCL Food Experts will look at all the colourful meal drawings and reasons why they're loved and pick one lucky winner to win a family set* of tickets to a zoo of their choice! But don't worry, two lucky runners up will receive Giggle Kitchen cooking sets to enjoy at home too!

To enter, please take a picture of your child's artwork and email it to HCLNews@hcl.co.uk. Entries close on the **15th January 2026**. Winners will be contacted by HCLNews@hcl.co.uk via the email address they enter with. Winning entries will also feature in the next edition of Curious Corner.

*4x General Admission Tickets: (Adult/Child)

Almost Top Chefs! Runners-Up Win Giggle Kitchen Sets

Get drawing and best of luck!

Oaty Apple & Blackberry Squares

Serves 12

You Will Need

- 175g Butter (or plant-based margarine) cubed
- 80g Sugar
- 225g Porridge oats
- 225g Plain flour
- 675g Eating apples, peeled, cored and diced
- 15g Fresh blackberries washed

Preheat oven to 180C

1

Place butter (or margarine) into a mixing bowl and rub together with your finger tips until you achieve a breadcrumb consistency.

Add the oats and flour and stir until well combined.

2

3

Press half the mixture firmly into a lightly greased 9" x 9" square tin lined with parchment.

4

Spread the fruit evenly over the base.

5

Sprinkle the remaining mixture to completely cover the fruit.

6

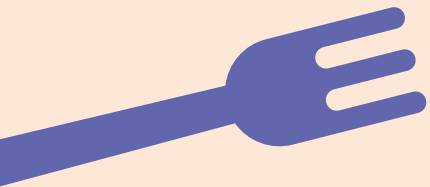
Bake in the oven for approximately 25 - 30 minutes or until golden and the fruit has softened.

7

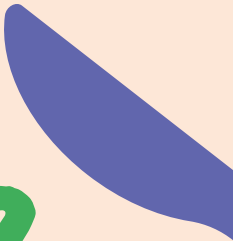
Allow to cool completely in the tin, then cut into 12 squares.



One last thing before you go...



The world is full of interesting foods, flavours and stories waiting to be discovered.



Stay curious,
keep exploring
and we'll see
you next time in
Curious Corner!



**This month, try
something new,
ask questions,
and see where
your curiosity
takes you.**

