

# First Tastes Checklist

## Bitter vegetables

- Broccoli
- Avocado
- Spinach
- Green beans
- Kale
- Courgette
- Cabbage
- Green pepper
- Peas
- Runner beans
- Asparagus
- Okra

## Savoury vegetables

- Cauliflower
- Potato
- Mushrooms
- Cucumber

## Sweeter vegetables

- Carrot
- Butternut squash
- Parsnip
- Swede
- Sweet potato
- Red pepper
- Orange pepper
- Yellow pepper

