Fun with Fruit & Veg

Fun, creative & healthy snack ideas for the whole family to enjoy!

Fruit Kebabs

You will need:
A small knife
A cutting board
Wooden skewers
A selection of fruit of your choice e.g. grape, banana, tangerine, apple, pear, strawberry, blueberry, kiwi, melon, pineapple.

What to do:
Wash hands, rinse fruits in cold water, remove stems and peel.
Cut fruit into bite sized pieces and gently thread one of each piece of fruit onto a skewer.
Repeat with the remaining fruit and place kebabs on a plate or tray.
Optional - serve with vanilla yoghurt as a dipping sauce

Fruit & Veg Faces

Kids can get creative with whatever fruit and veg they like and use their imaginations to design and make their own funny faces.
It's a great way to introduce new fruit & veg and to enjoy their favourites whilst having fun together!

You will need:
A small knife
A cutting board
A paper plate or similar
A selection of fruit (see above) and veg of your choice e.g. cherry tomatoes, cucumber, carrot, peppers, celery, broccoli, cauliflower, cress, peas etc.
Optional – rice cake or small tortilla

What to do:
Wash hands, rinse fruit and veg in cold water, remove stems and peel.
Have fruit/ veggies prepared in advance i.e. slice cucumbers and carrots to make small circles, halve cherry tomatoes.
Cut sticks from celery, cucumber, and carrots. Slice peppers, they make great smiling mouths.
Give each child a plate and let them get creative! You could also use a small tortilla or rice cracker as a face to decorate.

Vegetable Modelling

You will need an assortment of vegetables and some cocktail sticks. Follow steps above for preparing your vegetables. Use cocktail sticks to attach the vegetables together to make your very own 3d creation. You can really let your imagination go wild!

Fruit Pops

Use mini cookie cutters to make fruit pops from watermelon, honeydew, and cantaloupe.

⚠ *Please note skewers and cocktail sticks are sharp so young children need to be supervised during these activities.*