

HEALTHY SNACK

Fruit and vegetable kebabs

Equipment

- ✓ Variety of fruit and vegetables (select vegetables that can be eaten raw, aim to use a variety of colours)
- ✓ Plastic bowls
- ✓ Paddle pop sticks
- ✓ Tongs (to serve)

Activity

- 1** Before starting the activity ask all children and parents/carers to wash their hands.
- 2** Cut up a variety of fruit and/or vegetables into small pieces and put them into bowls.
- 3** Place the fruit and vegetables into the centre of the table with tongs to serve.
- 4** Allow children to select some pieces from each of the bowls.
- 5** Allow the children to thread the food onto a paddle pop stick to create their own kebab.
- 6** Enjoy as a healthy snack.

LET'S TALK ABOUT FOOD

Questions

- Show the bowl of fruit and vegetables to the children. What fruit and/or vegetables can you see?
- What colours can you see?
- Have you tried all these foods before?

After

- Discuss the different tastes of each fruit/vegetable.
- Discuss the different textures of each fruit/vegetable.

Facts

- Remember that it is important to eat a rainbow of different coloured fruit and vegetables in order to be healthy.
- Explore the health benefits of fruit and vegetables with the children:
 - *Vitamins and minerals* to help our body stay healthy, and keep sickness and colds away.
 - *Fibre* to help us go to the toilet regularly and to keep our tummy healthy.