

Colourful Fruit Kebabs

Delicious and nutritious!

Fruit kebabs, yummy yummy! We all know that eating lots of fruit and vegetables is good for us. Having a variety ensures we are getting lots of vitamins and fibre. Fruit kebabs are great because they give children independence over what they are choosing to eat. It just so happens that most children love the bright colours and sweet flavours of fruit. Bonus! This activity requires measurement, chopping, making and creating. Invite the whole family to join in! This is a great way to start family traditions, be present and enjoy time together, all while learning new skills along the way.

What you need...

- + A variety of fruit
- + Chopping board
- + Plates
- + Wooden skewers
- + Wooden cocktail forks
- + A safe dinner knife (adults this is a good job for you!)



What to do:

1. Introduce the activity to your children and talk about what you are going to do
2. Set up the table and equipment, asking the child what they think we will need
3. Ask the children to bring their favourite fruit to the table
4. Sit side by side, talk about what's next, demonstrate the activity
5. Cut the fruit and pass it to the children, assisting them to carefully put it on the skewer
6. Time to eat! Inspire a love to food and different flavours and talk about where and how the fruit was grown

Yummy fun

Add yoghurt and nuts to roll and dip your fruit skewers in

Check out the next page for more ideas!



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Extra fun!



- + Try making skewers with your favourite blanched or cooked vegetables
- + Draw pictures of the fruit
- + Take pictures of the activity, and make it into a table place mat. Print them off as an A4 and laminate



Handy Hints

Wash your hands before getting started. Have you heard [The Wiggles Hand Washing Song?](#) This is a fun way to remind and encourage your kids about hygiene.

Why not turn this into a positive shopping experience? Head to a local green grocer or [farmers market](#) and choose the types of fruit together. This exposure to food and the growing process creates knowledge and builds healthy habits around food and the greater world at large.