

# Fruit kebabs

## Equipment

- **Kebab skewer, straws**
- **Knife**
- **Peeler**
- **Selection of fruit, for example banana, peeled apple, orange, tin of pineapple, grapes**

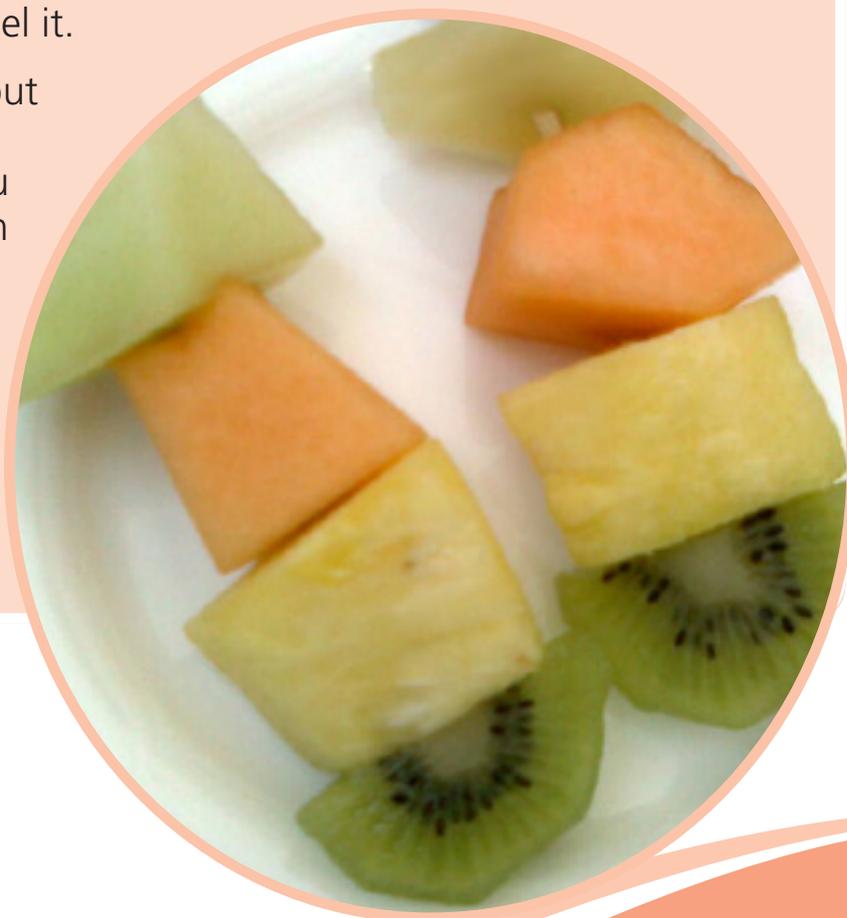
## Instructions

Wash the fruit, then peel it.

Cut into small pieces (but not too small that they will fall to bits once you put the skewer through them).

Make a hole in the fruit with the skewer.

Show your child how to put fruit on to the straw.



## Variations

You could add cubes of cheese or make salad kebabs using cucumber, peppers, and carrots.

You could make a dip for the salad kebabs, using low-fat yogurt or salad dressing.

You could use bendy straws, which stop the fruit falling off!

## Precautions

Children may choke on food if it is not cut into small pieces.

Be aware of any food allergies or sensitivities.

Supervise this activity carefully, and store the equipment safely afterwards.



## benefits

- Physical, developing hand/eye and hand/mouth coordination. Learning fine movement skills.
- Making food fun, to encourage tasting new flavours and foods.