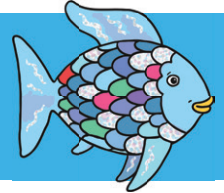




# Rainbow Fruit Skewers



## Ingredients

Strawberries

Pineapple

Watermelon

Cucumber

Blueberries

Peaches

## Equipment

Skewers (use only under very close supervision)

Printable Fish Heads and Tails

Double-sided sticky tape (or standard sticky tape)

## Method

1. Prepare the skewers before the lesson, by boiling them in hot water (this stops them from splintering).
2. Remove the skin from the pineapple and watermelon.
3. Chop the pineapple, watermelon, cucumber and peaches into chunks.
4. Cut any large strawberries into halves or quarters.
5. Lay out the fruit for the children to thread onto skewers. Model how to safely push the fruit onto the skewers, without putting their hands behind the fruit where the skewer will come through it. Children should be closely supervised for this part of the activity, as the skewers can be very sharp on the ends.
6. Place a printable Fish Head and Tail over either end of the skewer, fastening them in place using the sticky tape. You could either put double-sided tape along the edge of the shapes, for the children to press together on the skewer, or fold standard sticky tape over the shapes at either side of the skewer.

# Rainbow Fish Fruit Skewer Cut-Outs

