

Daily tips for Playful Learning at Home – Number 21

Fruit Kebabs!

A nice, colourful fruit kebab is refreshing and fun to make with your child, especially during the lovely warm weather.

It can sometimes be tricky to get children to taste new fruits and this is a great way of helping them to have a wee try whilst having fun.

What do I need?

- A mixture of different coloured fruits works best e.g. kiwi fruit, oranges, apples, strawberries, split grapes, cucumber, banana
- Skewers e.g. kebab sticks, cocktail sticks, etc.

What do we do?

- Model good hand washing routine and the sequence of this for your child
- Together choose the fruits you are going to use
- Wash split grapes, strawberries, etc. and pat dry with some kitchen roll
- Peel skins off apples, pears, kiwi fruit, etc. or wash and leave on if you prefer
- Support your child to cut the fruit into small chunks
- Talk about and plan together what you want on your kebabs. You might do the same or you might make different ones. You might make patterns
- Help your child to arrange the fruit onto the skewers
- Enjoy the kebabs as a snack/pudding!

What will your child learn from this play?

- Vocabulary linked to colour, shape, size, taste, texture
- Counting and sorting
- Making and copying repeated patterns e.g. split grape, strawberry, orange, split grape, strawberry, orange, etc.
- Hygiene and food preparation; washing hands, kitchen surfaces, washing food,
- Kitchen safety using utensils and washing up

How can you take it further?

- Why not try a blindfold taste test
- Make single colour kebabs e.g. red, green, orange, yellow or traffic light kebabs
- Set up a café in the kitchen and charge “customers” for each kebab
- Read “The Hungry caterpillar” or watch the story video online and chat about the foods he ate
- Look on the internet or in books to find out about the seed and where they grow
- Try planting a seed from the fruits you have used and see if anything grows