



Fresh Ideas Feeding Minds

Big Norfolk Holiday Fun Rainbow Fruit Kebab Workshop

What you need:

Strawberries

Oranges

Bananas

Kiwi Fruit

Blueberries

Plums

Colander

Chopping Board

Knife

Bowl

Hand Washing Facilities

Skewers

To prepare:

1. Tie long hair back. Remove jewellery. Make sure cooking utensils and workspace are clean. Wash and dry your hands.
2. Wash the strawberries, blueberries and plums in cold water and place carefully in a colander to drain.
3. Peel the oranges and separate into segments.
4. Peel the bananas and chop into bitesize pieces.
5. Peel the kiwi fruit and chop into bitesize pieces.
6. Cut the plums in half and remove the stone.
7. Remove the stalk from the strawberries.

To make your fruity kebab:

1. Thread the strawberry on to the pointy end of the skewer
2. Followed by the orange segment
3. Followed by a piece of banana
4. Followed by a piece of kiwi fruit
5. Followed by a blueberry
6. And finally, a plum half
7. Enjoy your rainbow fruit kebab!

Learning about food:

- Look at the different shapes
- What are the colours of the rainbow?
- How many colours are there?
- How many different fruits have we used to make our rainbow kebab?
- Smell the different fruits before you taste the terrific colours
- Enjoy your five-a-day in a fun way!