

Fruit Kebabs



How to:

1. Ask your child to wash their hands before cooking
2. Encourage your child to help you gather together the utensils and ingredients you will need to make the Fruit Kebabs (see below)
3. Explain to your child that you will both wash the fresh fruit to ensure it is clean
4. Support your child to prepare the fruit. Work together to peel it if needed, then cut it into chunks that will thread easily and successfully onto the skewers
5. Put the chopped fruit into separate bowls
6. Show your child how to safely push the pieces of fruit onto a skewer
7. Allow your child to select pieces of fruit to push onto the skewers, ensuring a good range of fruit is placed on each skewer

Adaptations:

- Ask members of your family which are their favourite fruits to make bespoke kebabs
- Make a dip for your kebabs. Try yogurt or whisk together some honey with a little lemon juice, maple syrup or some melted chocolate for a treat

Utensils:

- Wooden skewers
- Peeler
- Knives (safe for the stage of development of the child)
- Chopping board/s
- Small bowls in which to place the chopped fruit
- Plate or dish on which to place the prepared kebabs

Ingredients:

- A range of any available fruit, fresh or tinned e.g. apples, pears, oranges, strawberries, blueberries, grapes, plums, banana, melon, kiwi fruit, pineapple, apricots, peaches



Top Tip

Cut grapes in half lengthways before pushing onto the skewers to minimise the risk of choking