

Fruit Skewers

A great way to encourage children to have one of their seven a day is allowing them to prepare fun snacks. These vitamin-packed fruit skewers are a simple, colourful and fun way to get kids to eat fruit. They'll love helping to make them too!

What will you need?

- 4 different types of fruit chopped into bitesize pieces.
- Wooden Skewers

Tip: Strawberries are a great fruit to use as they are already bite size.

Learning tip: to make this a learning activity get your children to count the pieces of fruit as you put them on the wooden skewers!



Saoirse
Strawberry



Method:

1. Cut each fruit into bitesize pieces and place in a bowl. (with adult supervision)
2. Thread the fruit one by one onto the wooden skewers.
3. Count how many pieces are on each and make them as colourful as possible.
4. Enjoy!