



Recipes



Rainbow Fruit Kabobs

Prep time: 20 minutes

Serving size: 1 kabob

Makes: 8-10 servings

Tools:

- Small bowls, one for each fruit
- Spoons
- Knife (for teacher's use)
- Cutting board (for teacher's use)
- Child-safe knives
- Children's cutting boards
- Popsicle sticks



Ingredients:

- 6 strawberries, raspberries, or any other red fruit, if available
- 2 mandarin oranges
- 2 bananas
- 10 green grapes or kiwis
- 10 blueberries or blackberries

Directions:

1. Show the children all of the fruits they will be eating today. Can they name them? What colors are they? Have they eaten this fruit before?
2. Pair a small group of children into buddies and have them share a cutting board and child-safe knife. They will switch off cutting the bananas, and help their friend out when necessary.
3. Go over knife and tool safety. Demonstrate cutting with the claw and saw method.
4. The bananas should be cut into bite-sized slices. Place pieces into one bowl.
5. Have two other children peel and pull apart the mandarin oranges. Put pieces into another bowl.
6. Demonstrate how the children will make their own rainbow fruit kabob using the fruits and the popsicle sticks. What are the colors of the rainbow?
7. Place the fruit bowls on a table where they are easily accessible to the children. Have children thread their own kabobs. Once everyone is done, they can enjoy the kabobs during snack time or out in the garden! Talk about the colors of the rainbow and reflect on the cooking activity!

