HEALTHY SNACK
Fruit and vegetable kebabs

Equipment
✓ Variety of fruit and vegetables (select vegetables that can be eaten raw, aim to use a variety of colours)
✓ Plastic bowls
✓ Paddle pop sticks
✓ Tongs (to serve)

Activity
1. Before starting the activity ask all children and parents/carers to wash their hands.
2. Cut up a variety of fruit and/or vegetables into small pieces and put them into bowls.
3. Place the fruit and vegetables into the centre of the table with tongs to serve.
4. Allow children to select some pieces from each of the bowls.
5. Allow the children to thread the food onto a paddle pop stick to create their own kebab.
6. Enjoy as a healthy snack.

Questions
• Show the bowl of fruit and vegetables to the children. What fruit and/or vegetables can you see?
• What colours can you see?
• Have you tried all these foods before?

After
• Discuss the different tastes of each fruit/vegetable.
• Discuss the different textures of each fruit/vegetable.

Facts
Remember that it is important to eat a rainbow of different coloured fruit and vegetables in order to be healthy.
• Explore the health benefits of fruit and vegetables with the children:
  ◦ *Vitamins and minerals* to help our body stay healthy, and keep sickness and colds away.
  ◦ *Fibre* to help us go to the toilet regularly and to keep our tummy healthy.

The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts Healthy Eating and Active Play at Playgroup manual and case studies, and the NSW Ministry of Health Munch and Move program and Local Health District resources.

www.healthykids.nsw.gov.au