



Rainbow Skewered Fruit



Ingredients

Strawberries

Pineapple

Watermelon

Cucumber

Blueberries

Peaches

Kiwi

Blackberries

Persimmon

Method

1. Prepare the skewers before the lesson, by boiling them in hot water (this stops them from splintering).
2. Remove the skin from the pineapple and watermelon.
3. Chop the pineapple, watermelon, cucumber, peaches, kiwi and persimmon into chunks.
4. Cut any large strawberries into halves or quarters.
5. Lay out the fruit for the children to thread onto skewers. Model how to safely push the fruit onto the skewers, without putting their hands behind the fruit where the skewer will come through it. Children should be closely supervised for this part of the activity, as the skewers can be very sharp on the ends.

Equipment

Skewers (use only under very close supervision)

