

Fruit Kebabs



The children love making healthy snacks at nursery to share with their friends. Why not have a go at home?

You will need:

A selection of fruit—whatever is your favourite

Wooden skewers

A chopping board and knife

What to do:

Help your child to wash the fruit and then chop it into bite sized chunks.

Carefully push the fruit a piece at a time onto the skewers to make your very own fruit kebab. Enjoy!

