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 the 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)

This recipe involves the use of knives, skewers and hot water. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products. Children should be carefully supervised by a responsible adult at all times, especially when using any sharp items, such as knives or skewers, or when near a hot water. It is the responsibility of supervising adults to ensure the safety of children in their care.