



Fruit Kebabs

A good way to have a healthy diet is to eat different coloured food.

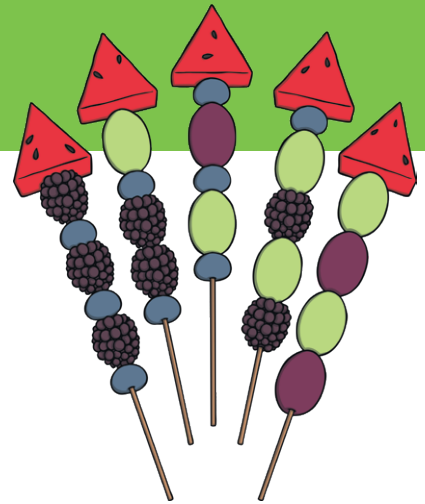
Use this recipe to make these healthy fruit kebabs!

You will need:

- Fruit of different colours, for example oranges, grapes, strawberries, melon
- A straw
- A knife

Method

1. Cut your fruit into bite-sized pieces. You might need an adult to help with this.
2. Thread each piece of fruit onto the straw. Try to make a pattern of colours to make it look attractive.
3. Enjoy eating your healthy fruit kebabs!





Vegetable Kebabs

A good way to have a healthy diet is to eat different coloured food.

Use this recipe to make these healthy vegetable kebabs!



You will need:

- Vegetables of different colours, for example tomatoes, orange peppers, courgettes, red onion
- Olive oil
- Kebab sticks
- Baking tray
- A knife

Method

1. Ask an adult to turn on the grill to medium or the oven to 180°C.
2. Cut your vegetables into bite-sized pieces. You might need an adult to help with this.
3. Thread each piece of vegetable onto the kebab sticks. The ends of the sticks can be sharp so be very careful. Try to make a pattern of colours to make it look attractive.
4. Drizzle olive oil on to your kebab.
5. Put your kebab on a baking tray.
6. With adult help, put your kebab in the oven or under the grill. Leave for 10 to 15 minutes, but keep checking to make sure the kebab doesn't burn.
7. When the kebabs are ready, enjoy eating your healthy, vegetable kebabs!

