

CHILDREN AND YOUNG PEOPLE

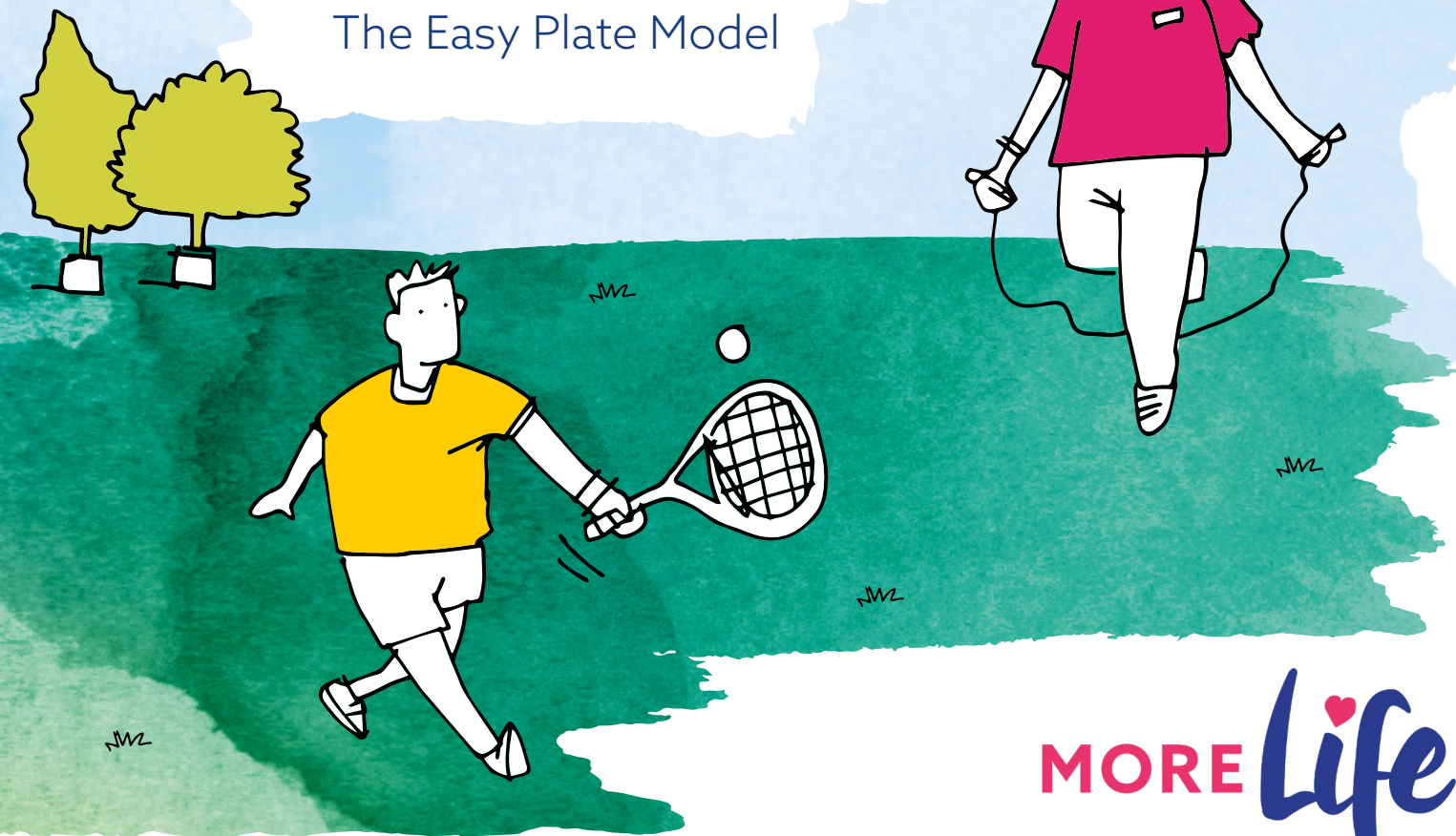
ACTIVITY PACK TWO

IN THIS PACK:

Fruit Kebab Recipe

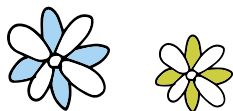
Draw your Dinner

The Easy Plate Model



MORE Life

FRUIT KEBAB RECIPE



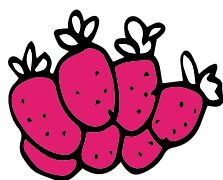
Sometimes it can be difficult to get children and picky eaters to try new healthy foods. Lots of people don't like the texture or flavours of fruit and would rather have something with sugar, like sweets. Many find bananas too slimy or think kiwi is too sour.

MoreLife team member Emma told us she used to not like eating lots of fruits until she made them fun with this simple recipe. Now Emma and her family make fruit kebabs all the time and mix up the recipe with lots of different fruits like oranges, apples, strawberries and even tropical pineapple.

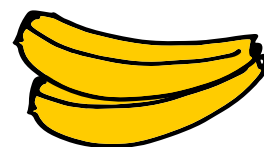
Why not try making this
with your Family?



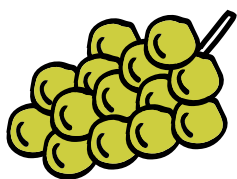
Ingredients - Serves 4



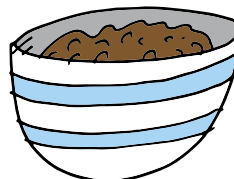
200g Strawberries



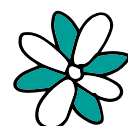
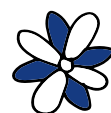
2 Bananas



100g Grapes



100g Dark Chocolate



1

Break up the dark chocolate and place it into a bowl. Put the bowl in the microwave for 2 minutes to melt the chocolate. When it has finished, stir the melted chocolate and check it has fully melted. If it has not fully melted, then put it back into the microwave for a further 30 seconds.

2

Take all of the grapes and strawberries and wash them under some cold water. Give them a good shake to help them dry off. Then pull the grapes from the stems and cut the stems off of the strawberries.

3

Take the 2 bananas, peel them and cut them into slices. Cut them as thin or as thick as you like.

4

Take your melted dark chocolate from the microwave, be careful not to burn your hands. Now you can start dipping your fruit into the melted chocolate. As you dip the fruit into the chocolate, place them onto a plate so they can begin to cool down.

5

If you have any kebab sticks, then you can put the fruit on them so they are more fun to eat.

6

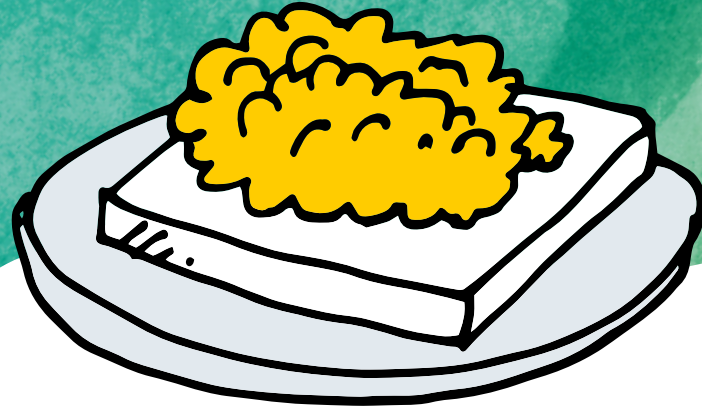
Once you have dipped all of the fruit in the chocolate and put them on a plate. place the plate into the fridge so the chocolate can harden. Leave them in the fridge for at least an hour.

7

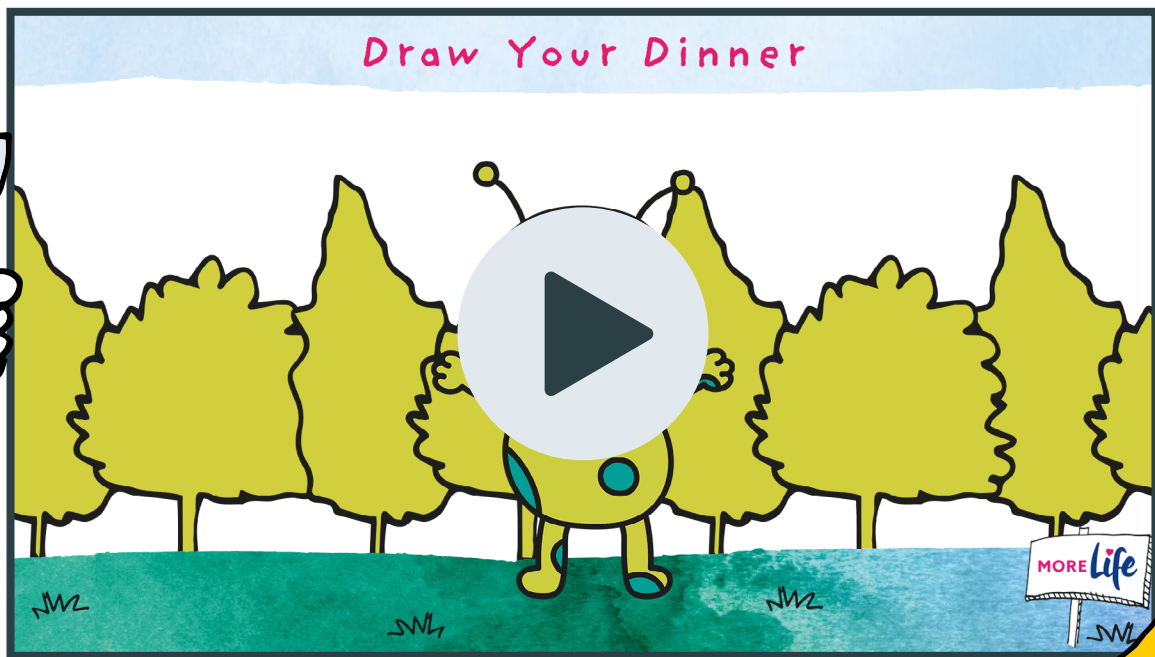
Once you have had your dinner, you can now have some delicious chocolate-covered fruit for dessert. Try not to eat them all at once.

Please complete a quick survey on this pack at
smartsurvey.co.uk/s/Pweek2

Draw your Dinner



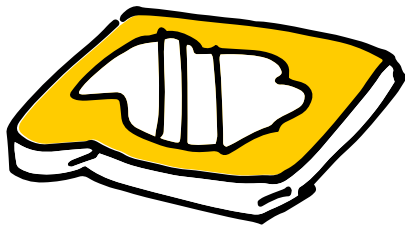
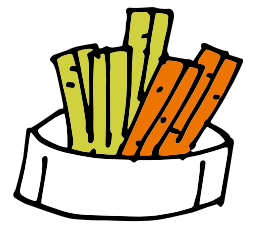
We'd love to know about your favourite dinners and what foods you would choose to have on your dinner plate. Watch the video below - what would you tell Ali about your two dinner plates?



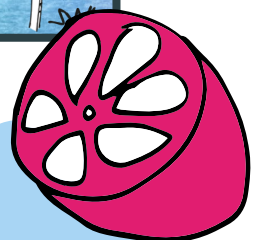
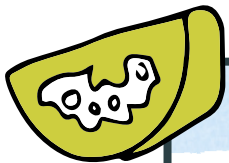
TOP TIP

ARE THERE ANY INGREDIENTS IN YOUR FAVOURITE DINNER THAT COULD BE SWAPPED FOR SOMETHING HEALTHIER?





Our MoreLife chefs love creating new meals using the Easy plate model (half the plate vegetables/salad). As a family, you can experiment and create your own Easy Plate dinner and lunch. You could use vegetables that you already enjoy, or if you're feeling adventurous you could even try a new vegetable.



IF YOUR CHILD ISN'T READY TO EAT HALF A PLATE OF VEGETABLES, GRADUALLY INCREASE THEIR PORTION SIZE EACH TIME YOU USE THE EASY PLATE MODEL.