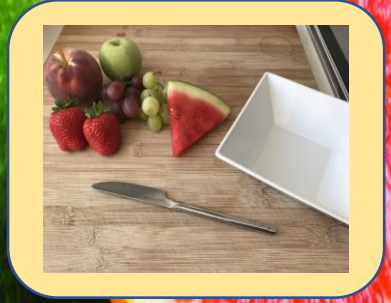


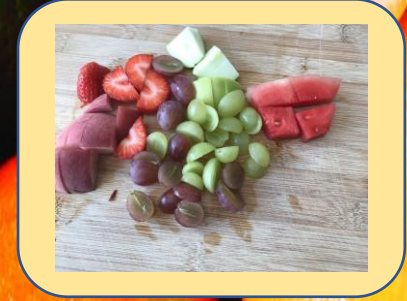
Fruit Salad



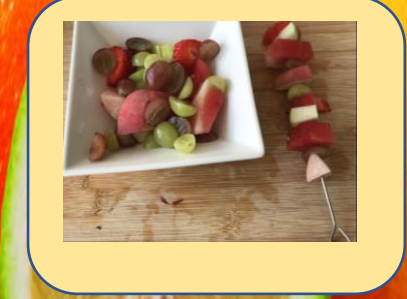
- Strawberries
- Watermelon
- Grapes
- Apples
- Peach



1: Cut up the fruit pieces into bite size pieces. Please supervise your child whilst you cut up the fruit.



2. Place the fruit pieces into either a bowl or a kebab stick. Please supervise whilst you decide which pieces you would like to put on the kebab stick.



3: Enjoy your healthy snack.

This activity will help you support your child make choices and learn about different fruits. This is also a good hand and eye co-ordination activity if you are using the kebab sticks.