

Kindergarten: A Rainbow of Fruit

What you need to know

- Section 2.2. Teacher Background
- Section 2.3. What You Need to Know in the Classroom: Primary Grades
- Section 2.9. Cooking Safely with Students
- Background preparation information on fruit: Colour It Up... Go for More Vegetables and Fruit: A-Z Vegetable Guide available at www.colouritup.ca or from the Canadian Produce Marketing Association's website at www.cpma.ca/en_hear_fruits.asp
- Background information on seasonal availability of fruit available at Foodland Ontario website at <http://www.foodland.gov.on.ca>

Recipes required

- Rainbow Fruit Kebabs
- Citrus Cinnamon Fruit Dip
- Super Simple Strawberry Dip

Food required

- An assortment of fruit (at least five different fruits) suitable for fruit kebabs (eg, banana, apple, oranges, strawberries, peaches, pears, plums, pineapple, melon, mango, kiwi). When possible, choose local fruit or Ontario produce that is in season. The Vegetables and Fruit Seasonality Guide from www.foodland.gov.on.ca/availability.htm can help you choose fruit in season. Use canned fruit in water or in its own juice as a lower cost alternative to fresh fruit.
- Lemon juice
- 1 cup strawberries
- Vanilla yogurt
- Plain yogurt
- Low-fat mayonnaise
- Orange juice
- Liquid honey
- Ground cinnamon

Equipment and materials required

- knife and cutting board
- bowls
- wooden skewers/sticks with rounded ends or flat toothpicks
- spoons
- small cups to serve dip



Adult helpers required

- 1 per 5-6 students

Instructions

- Discuss kitchen safety and safe food handling practices that apply to this activity. Emphasize the safety rules must be followed at all times. Highlight kitchen safety and safe food handling practices throughout the activity.
- Make sure that all leaders and students have an opportunity to wash their hands with soap and water prior to food preparation and eating. Discuss the four steps for handwashing.
- Demonstrate the dip recipes. Ask three or four student to help with preparation (eg, measuring, spooning into bowl, stirring).
- Show the students the fruit and ask them to identify each one. Discuss what to look for when selecting fresh fruit (eg, ripeness, freshness).
- Demonstrate how each fruit is prepared (eg, washing, peeling, cutting). Ask two or three students to help prepare each fruit. Ask adult helper to cut fruit into chunks or small pieces. **To avoid injury, only adults should use knives.**
- Arrange students into small groups with an adult helper. Provide each group with a bowl of fruit pieces and wooden skewers/sticks with rounded ends or flat toothpicks. Have students thread fruit on the skewers or toothpicks to create fruit kebabs.
- Give each child a serving of dip for dipping their fruit kebabs in. Encourage students to taste all of the different fruits. Ask the following:
 - Which fruit did you like preparing the best?
 - Which fruit did you like eating the best?
 - Did you like the fruit better with the dip?
 - Were there any fruits you had not tried before?
 - How many different colours were on your Rainbow Fruit Kebab?
 - Why is it good to eat fruit?
 - When could you eat fruit at home? At breakfast? For a snack? As a dessert?
- Involve students in clean up (eg, tidying up work areas, throwing out garbage, washing and drying dishes, wiping tables and counters, storing leftover food). Give copies of the recipes to students to take home to share with their parents.

Note: Refer to Section 2.6 Vegetables and Fruit Busy Box for ideas on preparing fruit in a creative and appealing way.

Rainbow Fruit Kabobs



Ingredients:

25 mL (2 tbsp)	lemon juice
1 1	medium banana, peeled, cut in 8 thick slices
1 1	small apple, cut into chunks
1 1	orange, peeled, segmented, each segment cut in half
8 8	medium strawberries
125 mL (½ cup)	fresh pineapple, cut into chunks (or canned pineapple chunks)
8 8	clean, wooden skewers/sticks with rounded ends

Preparation:

1. Wash apples and strawberries under cool tap water and pat dry with a clean cloth or paper towels.
2. Using a knife and cutting board, remove stems and seeds of fruit. Cut the fruit into chunks. As apple and banana pieces are cut, toss them with the lemon juice.
3. Thread at least one of each type of fruit on the sticks or two or three pieces of fruit on a toothpick.
4. Serve with yogurt or fruit dip.

Makes 8 kabobs

Preparation Time: about 30 minutes

Equipment:

- knife and cutting board
- bowls
- wooden skewers/sticks with rounded ends or flat toothpicks



HINT:

Serve with Citrus Cinnamon Dip or Super Simple Strawberry Dip

Canada's Food Guide Servings:

1 kabob is 1 VEGETABLES AND FRUIT serving



Paint your plate.
Create a masterpiece.

Fruity Dips

Citrus Cinnamon Dip

Ingredients:

125 mL	½ cup	low-fat mayonnaise
125 mL	½ cup	plain yogurt
25 mL	2 tbsp	orange juice
15 mL	1 tbsp	liquid honey
pinch	½ mL	ground cinnamon

Preparation:

1. Prepare the dip by putting the mayonnaise, yogurt, orange juice, honey and cinnamon in a medium-size bowl. Mix together thoroughly with a spoon.
2. Serve as a dip with fresh or canned fruit.

Makes 1 cup

Preparation Time: about 5 minutes

Equipment:

- bowl
- spoon



*Paint your plate.
Create a masterpiece.*

Super Simple Strawberry Dip

Ingredients:

250 mL 1 cup fresh strawberries, chopped
250 mL 1 cup vanilla yogurt



Preparation:

1. Wash strawberries under cool tap water and pat dry with a clean cloth or paper towels.
2. Using a knife and cutting board, remove stems from strawberries and chop into very small pieces.
3. Prepare the dip by putting the strawberries and yogurt in a medium-size bowl. Mix together thoroughly with a spoon.
4. Serve as a dip or a topping with fresh or canned fruit.

Makes 2 cups

Preparation Time: about 5 minutes

Equipment:

- knife and cutting board
- bowl
- spoon

