# 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\_hea\_fruits.asp
- Background information on seasonal availability of fruit available at Foodland Ontario website at
   http://www.foodland.gov.on.ca

# Recipes required

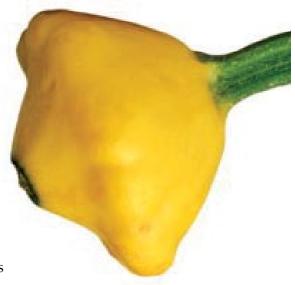
- Rainbow Fruit Kebabs
- Citrus Cinnamon Fruit Dip
- Super Simple Strawberry Dip

#### 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

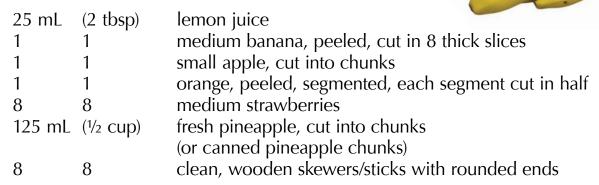
#### **Instructions**

- 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:**



# **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



# 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



# 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

