

Rainbow fruit kebabs

Time needed
20-30 minutes

Equipment needed

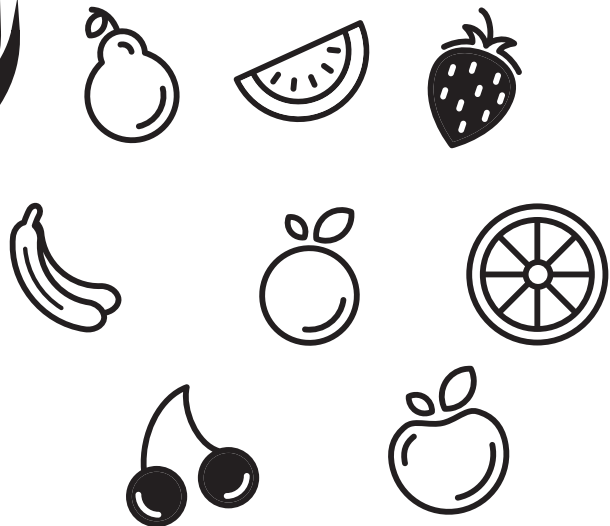
- selection of pre-chopped fruit
- wooden skewers (1 per Beaver)
- bowls or containers
- juice squeezer for lemon (optional, to keep fruit fresh once cut)
- toppings of your choice (optional)

Instructions

1. Check whether there are any dietary requirements or allergies to consider before you begin the activity.
2. If possible, prepare the fruit in advance, by chopping it up in to small chunks. Remember to put away sharp knives safely.
3. Give each Beaver a wooden skewer and a selection of chopped fruit to choose from.
4. Ask Beavers to create rainbow fruit kebabs by threading chunks of fruit onto the wooden skewer. What combinations would they like to try? Are there any fruits they haven't tried before?
5. If Beavers are extra hungry or just want to try something new, mix the fruit with other toppings, such as yoghurt, muesli or granola.

Top Tip!

Make sure your fruit is ripe! It will be easier to thread onto the skewers



Take it further

- For more healthy recipe ideas to take on camp, go to our partner page
- Play the 'foodie true or false game' on our partner page to encourage Beavers to think more deeply about the fruit they are using

