



Fruit factory

Equipment

- Sharp knife
- Table knives
- Chopping boards
- Skewers
- Mixing bowl
- Grater (optional, if adding chocolate)
- Tin opener (optional)

Ingredients

- Fruit (for example; apples, grapes, tinned pineapple, strawberries, melon, or bananas)
- Yoghurt
- Honey
- Chocolate (optional)

Method

- Open any tins and drain the fruit.
- Adults should use the sharp knives to chop fruit such as apples. Everyone should use the table knives to chop softer fruit including banana and tinned pineapple. Everyone should use a method that protects fingers and hands, for example the bridge and claw method.
- Thread pieces of fruit onto a skewer. Make sure each skewer has a mix of fruit, and make enough skewers for everyone to have one.
- Stir some honey through some yoghurt to make a tasty dip. Grate some chocolate on top.

Make it allergy friendly

- If anyone's allergic to a certain fruit, don't use it.
- If anyone's allergic to dairy (or vegan) use a dairy free yoghurt, for example, soya yoghurt. Use dairy free chocolate (some, but not all, dark chocolate is dairy free, or you can buy free from milk chocolate).