



# Recipe

## Fruit Kebab

### Ingredients

- Melon Chunks
- Tangerine Segments
- Kiwis Slices
- Tinned Pineapple, Chopped into chunks.
- Strawberries

### Step 1

Thread the fruit in any order on to coffee stirrers or lollipop sticks.

### Step 2

Use natural yoghurt or fromage frais to dip.

### Step 3

Try using cherry tomatoes, cucumber etc.. Cheese, Peppers.

### What counts as 5 a day?

For kids, the amount they should eat depends on their size and age. As a rough guide, one portion is the amount they can fit in the palm of their hand. For adults, a portion is 80g fruit.

That's a large slice of fruit like melon or pineapple.

One medium apple, banana or pear.

Two smaller fruits like plums or satsumas.

Seven strawberries or 20 raspberries.

One handful of grapes.