

CLASSROOM COOKING ACTIVITY

KIWI SMILE SNACK

Makes enough for approximately 10 children

INGREDIENTS:

- 10 graham crackers
- 8 oz. whipped berry cream cheese
- 3 kiwi
- ½ cup raisins

SUPPLIES:

- paper plates
- disposable knives
- napkins



NOTE TO GROWN-UPS:

Peel kiwi and cut in half lengthwise. Then slice into approximately ¼ inch thick slices that create half circles. **Demonstrate the activity and show children an example of a finished kiwi smile snack.**

DIRECTIONS:

1. Invite the children to wash their hands and come to the table for the activity.
2. Give each child one square of graham cracker, several raisins and 1 piece of kiwi.
3. Place cream cheese in the middle of each table for children to share.
4. Invite the children to create their own kiwi smiles snack using the ingredients on their table.
5. Once finished, eat and enjoy!

CLASSROOM COOKING ACTIVITY

STOPLIGHT SNACK

Makes approximately 10 snacks

INGREDIENTS:

- 10 graham crackers
- 8 oz. whipped cream cheese
- 3 kiwi
- 10 canned apricot halves
- 5 strawberries

SUPPLIES:

- paper plates
- disposable knives
- napkins



NOTE TO GROWN-UPS:

There is some preparation that can be done ahead of time for this activity. Wash the kiwi and strawberries under running water. Then, peel the kiwi and slice into circles. Cut tops off of the strawberries and cut into circular slices. Open the can of apricots and drain off juice. Place fruits in three different serving containers, cover and refrigerate until it is time for the activity.

When you begin the activity with the children, **demonstrate the activity and show them an example of a finished stoplight snack.**

DIRECTIONS:

1. Invite the children to wash their hands and come to the table for the cooking activity.
2. Give each child a plate to work on.
3. Give each child one rectangle of graham cracker, one slice of kiwi, one slice of strawberry and one apricot half.
4. Ask the children to take some cream cheese and pass it on to the next child.
5. Direct children to spread some cream cheese on their cracker and place fruits on top (in red, yellow, green order) to create their own stoplight snack.
6. Once finished, eat and enjoy!

CLASSROOM COOKING ACTIVITY

RAINBOW FRUIT SALAD

Makes enough for 10 - 1/2 cup servings

INGREDIENTS:

- Green - 2 kiwis (or 1 bunch green grapes)
- Yellow - 1 cup apricot halves (or 1 banana)
- Orange - 1 orange (or 1 mango or 2 tangerines)
- Red - 1 cup strawberries (or 1 red apple)
- Purple - 1 bunch purple grapes
- 1/4 cup lime juice
- 1/4 cup honey

SUPPLIES:

- large mixing bowl
- mixing spoon
- measuring spoons
- measuring cups
- cutting board
- sharp knife

NOTE TO GROWN-UPS:

This activity can be done in the morning and then served for lunch or snack in the afternoon. A staff member can wash and cut up the fruits for the salad (or this can be done with the children). Bring all the ingredients and supplies to the classroom.



DIRECTIONS:

1. Invite the children to wash their hands and come to the table.
2. Peel and cut the kiwis and have the children place them in the large bowl.
3. Ask the children to measure the apricot halves and add to the bowl.
4. Peel the orange and ask the children to section it and add it to the bowl.
5. Slice the strawberries and add to the other fruit.
6. Pluck the grapes and add to the fruit salad.
7. Squeeze the lime into a small bowl.
8. Measure and stir 1/4 cup honey into the lime juice until the mixture is smooth. Pour over the fruit salad.
9. Mix the salad until all the ingredients are evenly distributed.
10. Sprinkle salad with coconut or save it until serving time.
11. Refrigerate the salad until ready to serve.
12. Serve about 1/2 cup to each child. If the coconut has not been added to the salad offer it to the children to sprinkle over their own salad.