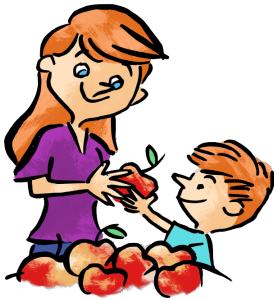


Fun Fruit Kabob

Age: Preschool-age (3-4 years), Toddlers (18-36 months)

This activity helps your child's development in this domain: Cognitive

What You Need:



- A variety of fruits, such as: apple, banana, watermelon, pineapple, and strawberries, cut into chunks
- 1 cup nonfat yogurt
- $\frac{1}{4}$ c. dried coconut, shredded
- Wooden skewer sticks

What To Do:

1. Arrange the fruit chunks onto a large plate by type. Keep the coconut on a separate plate.
2. Help your child slide pieces of fruit onto the skewer and design his own kabob by putting as much or as little of whatever fruit he wants. Do this until the stick is almost filled from end to end. Count the number of fruits used and encourage your child to make a pattern with the fruit. For example, "You put one apple then one banana then one apple and then one banana, what comes next?"
3. Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.
4. Eat and enjoy!

Adapted from KidsHealth



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