



Fruity Hooty Owls

Get creative at snack time with these delicious Fruity Hooty Owls! These feathery friends are a fun but simple snack to make with little ones in your setting.

Ingredients- makes one owl

- 1 plain rice cake
- 1/2 an apple or peach
- Half a banana
- 2 blueberries
- Topping of choice, e.g. smooth nut butter, cream cheese, plain/ natural/ Greek yoghurt
- Low sugar multigrain hoops

Equipment

- Child- friendly knives for chopping
- Child- friendly knives for spreading
- Chopping boards

Recipe Method

- 1) Get children to wash and dry the fruit.
- 2) Encourage children to spread their topping of choice onto the rice cake.
- 3) Support children to carefully cut out the owl's wings from the apple or peach. If using peach for the wings, you should consider removing the stone to make it easier for children.
- 4) Cut out little triangles of apple or peach to form the owl's feet.
- 5) Now chop two slices of banana to form the owl's eyes.
- 6) Place two blueberries onto each slice of banana.
- 7) Encourage children to take six of the low sugar multigrain hoops and place on the owl's tummy.
- 8) Eat and enjoy!

Top tip: consider the texture of food that children can manage. If using firmer fruits, such as apple, you may need to lightly cook them before serving to children. Alternatively, choose softer fruits that do not require cooking.

Opportunities for Learning- EYFS 1.5 and 1.9

Develop cooking skills: chopping, cutting and spreading.

Encourage discussion and learning about food: ask children questions such as:

- what colours can you see?
- what can you smell?
- why are fruits good for us?
- how do blueberries grow?

Mathematics: encourage children to:

- identify which pieces of fruit are bigger or smaller than others
- count the multigrain hoops
- measure ingredients, e.g. take one teaspoon of topping
- check there is enough ingredients and equipment for everyone
- use a visual timetable to sequence the order of creating the recipe.