



Fruity Pumpkin Kebabs

Little *monsters* will love these *fang-tastic* fruity pumpkin kebabs! This would make a great show- stopper at any Halloween party! You could also make some *wicked* vegetable kebabs.

Ingredients

- Any fruits and vegetables of your choosing! We used strawberries, blueberries, raspberries, banana and pineapple
- 1 medium sized pumpkin

Equipment

- Child- friendly knives for chopping
- Chopping board
- Wooden kebab sticks



Recipe Method

1) Carefully cut out a scary pumpkin face.

Tip: avoid scooping out the middle so that you can use the pumpkin at a later date- e.g. to make a tasty pumpkin soup!

2) Support children to carefully cut the fruit into bite sized pieces.

3) Give each child a wooden kebab stick and support them to carefully thread the fruit onto each stick.

4) Push each of the kebab sticks into the pumpkin, spacing them evenly.

5) Serve and enjoy!



Opportunities for Learning- EYFS 1.5 and 1.9

Develop cooking skills: chopping, peeling and cutting.

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 pumpkins grow?
- how many fruits and vegetables should we eat each day?

Mathematics: encourage children to:

- count the number of blueberries and raspberries used
- count out the number of wooden kebab sticks needed
- check there is enough ingredients and equipment for everyone
- use a visual timetable to sequence the order of creating the recipe.