



# Ominous Oranges

These terrifyingly tasty fruity oranges will be a real hit with the children in your setting! They make great fruit and vegetables holders to jazz up your Halloween party.

## Ingredients

- Medium to large oranges
- Any fruit of your choosing- we used blueberries, raspberries, strawberries and blackberries.

## Equipment

- Small bowls
- Chopping boards
- Child- friendly knives
- Metal spoons

## Recipe Method

1) Support children to carefully cut the top off each orange, to form the lid (some children may require you to do this for them)

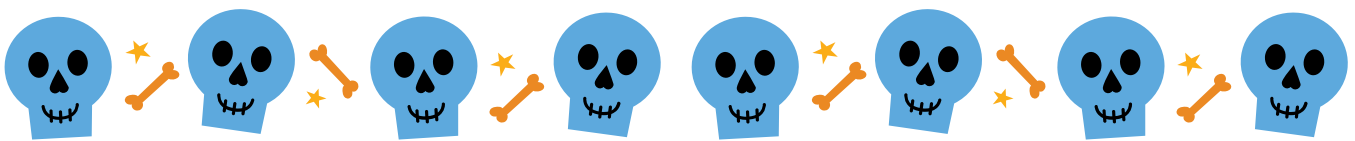
2) Encourage children to scoop out the orange centre and place into a bowl

**Tip:** don't throw the orange away, use it in puddings or serve at snack time!

3) Help children to carefully cut a scary face into the front of their orange.

4) Encourage children to fill their oranges with the fruit of their choosing.

5) Serve and enjoy!



## Opportunities for Learning- EYFS 1.5 and 1.9

**Develop cooking skills:** washing foods, dipping and chopping.

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

- what shape are oranges?
- why are fruits good for us?
- do you know the name of this berry?
- what colours can you see?
- what does the inside of the orange feel like?

**Mathematics:** encourage children to:

- check there is enough ingredients and equipment for everyone
- count how many scoops it takes to empty their orange
- count the number of berries they need to fill their oranges
- use a visual timetable to sequence the order of creating the recipe.