

# Food and drink ideas

## Fun fruity snacks for kids



Outside School Hours Care



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Healthy  
Eating  
Advisory  
Service



Outside School Hours Care



### Fresh ideas

Fruit is a delicious, healthy and easy snack to prepare. Try these fresh, warm and frozen ideas for children in your service.

Children usually love fruit, and these ideas will help you present fruit in a way that is fun and interesting.



### Fresh fruit platter

Jazz up your fruit platter with colourful fruits cut into fun shapes (e.g. cubes, strips, stars, apple slinkies). Serve with yoghurt, cheese cubes or cream cheese.

### Fruit salad

Mix brightly coloured fruit in colourful plastic bowls and serve. Freeze any leftovers and serve as a delicious frozen snack on a warm day.



### Fresh berries

Serve with yoghurt or cream cheese, yoghurt, cheese cubes or cream cheese.

### Fruity cones

Chop colourful fresh fruit and serve in plain cones.

### Traffic lights

Thread kiwifruit, watermelon and pineapple pieces onto icy pole sticks to make colourful patterns.



### Dried fruity bags

Mix dried fruit in colourful bags, add cherry tomatoes and chopped cheese slices – a great idea for an outdoor picnic.

### Fruit smoothies

Mix fresh or frozen fruit in a blender with milk and yoghurt. You can use any fresh seasonal fruit or leftover fruit from the fridge or freezer.



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### Warm delights

#### Fruity crumble

Use your choice of fruit to make a healthy crumble.

#### Stewed fruit

Try apples, peaches, pears and apricots served with custard or yoghurt.

#### Warm pears

Place peeled pear halves into an ovenproof dish, pour some 100% fruit juice over them and bake until tender (approximately 25 minutes). Serve with fruit muesli and a dollop of yoghurt.



### Frozen treats

#### Iced fruit delights

Place sliced banana, pineapple and strawberries in a small plastic cup and cover with 100% fruit juice. Place paddle pop sticks in the middle of each cup and freeze to make icy poles.

#### Fruit slushies

Make a cool treat by blending fruit with ice and a little water.

#### Frozen fruit cubes

Chop fresh fruit (e.g. peeled orange or mandarin segments, grapes, bananas), wrap in plastic wrap, then freeze and serve on a warm day.

#### UFOs

Drain tinned pineapple rings, wrap in plastic wrap and freeze before serving.

#### Watermelon wedges

Wrap sliced watermelon wedges in plastic wrap and freeze before serving.

#### Strawberry alohas

Thread hulled strawberries onto paddle pop sticks and serve fresh or frozen.

#### Banana bubbles

Thread peeled banana chunks onto paddle pop sticks, dip in yoghurt or custard and roll in rice bubbles. Serve fresh or frozen.

