



## Bear on Toast

Makes 1 piece

### Ingredients

- 1 slice of fruit loaf
- Chocolate spread
- 3 banana slices
- 3 blueberries

### Equipment

- Toaster
- Plate
- Knife

### Method

1. Lightly toast the slice of fruit loaf.
2. Once cooled slightly, spread on the chocolate spread.
3. Carefully place the banana onto the chocolate spread. Use 1 slice of banana for a nose and 2 slices of banana as the ears of the bear.
4. Put a dab of chocolate spread onto a blueberry and place the blueberry in the centre of the slice of banana that is the bear's nose. Place the 2 remaining blueberries between the ears and nose to make eyes.



## Magic Wand Fruit Kebabs

### Ingredients

- Pineapple
- Apples
- Strawberries
- Bananas
- Watermelon

### Equipment

- Chopping boards
- Sharp knife (adult use only)
- Child-safe knives
- Star-shaped cookie cutters
- Wooden kebab skewers (blunt-ended if possible)

### Method

1. Before the activity, prepare the wooden skewers by boiling them in hot water. This will stop them from splintering.
2. Wash your hands and put on an apron.
3. Next, wash the fruit.
4. Then, an adult should remove the skin from the pineapple, watermelon and apple (optional).
5. Cut the apple, pineapple and banana into chunks, and the strawberries into halves. Children can use child-safe knives to cut the soft fruit like the bananas, pineapple and strawberries.
6. Cut the watermelon into slices.
7. Use the cookie cutters to cut star shapes out of the slices of watermelon.
8. Lay out the fruit pieces and carefully place onto the skewers. Children should be closely supervised for this activity, as the skewers can be very sharp. Model how to push the fruit onto the skewers, without putting their hands behind the fruit where the skewer will come through it.
9. A star-shaped piece of watermelon can be the final piece of fruit placed onto the top of the skewer to finish the magic wand fruit kebab.



## Owl on Toast



### Ingredients

- 1 fruit loaf slice
- Chocolate spread
- 2 banana slices
- 2 blueberries
- 2 apple slices
- 1 strawberry slice

### Equipment

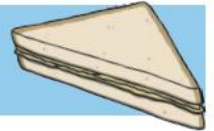
- Toaster
- Plate
- Knife

### Method

1. Lightly toast the slice of fruit loaf.
2. Once cooled slightly, spread on the chocolate spread.
3. Carefully place the banana onto the chocolate spread. Use them to make two big eyes.
4. Put a dab of chocolate spread onto each blueberry and place them in the centre of each slice of banana, to complete the eye.
5. Place the strawberry below the eyes, in the centre of the toast, to make the beak.
6. Use the slices of apple to make the wings. Place them at an angle on either side of the toast, with the curved edges facing each other.



## Egg Mayonnaise Sandwiches



### Ingredients

- 4 hard boiled eggs (prepared in advance)
  - 6-8 tbsp mayonnaise
  - butter for spreading
  - 4-6 slices bread (white, wholemeal or both)
- tip: you could add watercress to these sandwiches, to do this you will need one large bunch.

### Equipment

- Small bowl
- Fork
- Knife (Sharp enough to cut bread)

### Method

1. Peel the eggs and put into the small bowl. Crush the eggs into small pieces using the back of your fork. Add the mayonnaise.
2. Butter your slices of bread. If you want, you can remove the crusts using the knife.
3. Spread half of the bread with the egg mayonnaise mixture and then put the other slices of bread on top to sandwich them together. If you chose to add watercress, put this in after the egg mayonnaise mixture.
4. To serve, you can either cut the sandwiches in half or into triangles.