

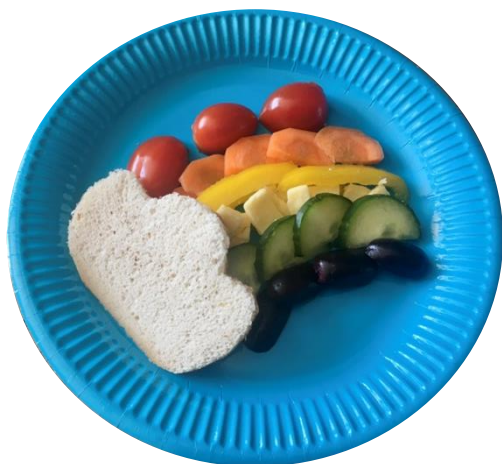
Food Rainbow for Early Years

This is a brilliant recipe for young children to practice chopping skills.

You can make sweet or savoury rainbows – mix it up and make your own creation!

INGREDIENTS - Food all colours of the rainbow!

Explore your cupboards, fridge and freezer for colourful foods you could use. Choose 1 or 2 foods of each colour to use in your rainbow. Draw inspiration from the examples below!



Rainbow plate

- Cherry tomatoes
- Carrot
- Yellow pepper
- Cheddar cheese
- Cucumber
- Black seedless grapes
- Bread (for clouds)

Plain popcorn, banana or plain yogurt could make great clouds too! ***This rainbow = 1 portion for child.***



Rainbow kebab

- Strawberry
- Satsuma
- Mango
- Pineapple
- Kiwi
- Green and black grapes
- Blueberries

Take care if you use kebab sticks, the ends are very sharp – alternatively you can use plastic straws as sticks.

1 kebab = 1 snack portion for child.

METHOD

Ideally choose foods that are safe eaten cold, if using frozen veg it must be cooked before eaten. Wash and chop your foods, allowing younger children to have a go using a normal table knife. Assemble onto your plate or kebab and enjoy as a snack, or if you've included a starchy food and dairy food it can be a fun meal. .

Tip:

- Young children can use a table knife to cut soft fruit and veg - boil vegetables like carrots to soften for young children to chop.
- Cut grapes length ways for tiny mouths