



“Nibble with Willow” at Home

Goal: Recognize tropical fruits: bananas, oranges, pineapples & mangos

RECIPE: Fruit Kebabs

Activities to do with your child:

- Shop for tropical fruit together.
- Prepare some fruit kebabs together.
- Wash the fruit.
- Choose a fruit and push it onto stirrer.
- Watch "Willow and The Mystery of the Root Gnome" YouTube video.

Nurture Your Child's Curiosity for Food:

- Find the seeds in each fruit?
- Which seeds are smaller? Bananas have very tiny dark seeds.
- Which fruits are soft, round, fuzzy, smooth, colorful, soft, squishy, juicy, drippy, or sticky?
- What are the colors of each fruit?
- Describe each fruit's shape and texture: e.g. round, oval, uneven-shaped; and hard, smooth, bumpy, prickly, sticky etc.
- Say “1,2,3 Nibble!” and then taste the new food together

TIPS FOR PARENTS

Mealtime Rituals are Important for children

Rituals:

- Strengthen cultural and family bonds;
- Reinforce healthy food behaviors;
- Assist families to adopt healthful foods;
- Offers opportunity for adults to model healthy eating/food choices to children.

Examples of mealtime rituals

- Saying a short blessing, or singing a song before eating.
- Waiting until everyone is seated at the table to begin eating.
- Table is always set with napkin rings & placemats.
- Lighting candles on the dinner table.
- Family members take turns to suggest the next day's meal.

Children are never too young to be a part of the rituals!



FRUIT KEBABS



INGREDIENTS

- 1 Orange
- 1 bulb Banana
- 1 small bunch Grapes

Special Item:

Plastic coffee stirrers
(approximately 1 dozen)



Prep Time: 10 minutes
Makes 8-12 kebabs

Note: Children should use plastic or table knife for all child steps that require cutting/chopping.

1

ADULT
& CHILD

PEEL the orange and banana. BREAK orange into sections, and the banana into 1 inch pieces.

2

CHILD

Help CUT the orange segments in half. ADD to a bowl.

3

CHILD

Help CUT the banana into smaller, bite-sized pieces. ADD to the same bowl.

4

CHILD

Help CUT the grapes in half. ADD to the bowl.

5

CHILD

CHOOSE a piece of fruit and PUSH it onto a coffee stirrer. ADD different fruits, alternating in a pleasing pattern (approximately 6 pieces per stirrer, size of fruit depending)

6

CHILD

Continue until all the fruit is used. NIBBLE AND ENJOY for snack with family and friends!