

## Session 7 – B



# Snack Preparation Activity

## Fruit Kabobs with Dip

Date needed: \_\_\_\_\_

School: \_\_\_\_\_

Teacher: \_\_\_\_\_ Room # \_\_\_\_\_

### Ingredients/Supplies

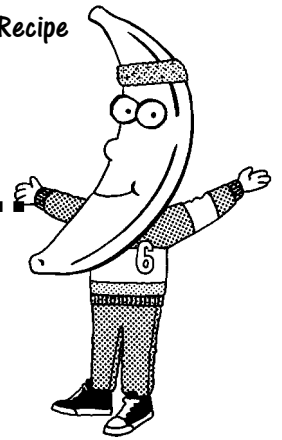
The Food Service will prepare a HIGH 5 Taste Testing Box which will include:

Items	Amounts
Fruit Chunks: Choice #1	Container of 34 – 3 chunks/serving
Fruit Chunks: Choice #2	Container of 34 – 3 chunks/serving
Cheese: Mozz. or American	34 – 1/2" x 2" pieces
Strawberry flavored yogurt dip	2-1/2 cups – 1 T/serving
Tablespoons	2
Round toothpicks	102
Small paper plates	34
Plastic knife	34
Napkins	34
Small garbage bag	1



**HIGH 5 teachers should arrange a time with their school's Food Service Supervisor to pick up and return their own boxes to the kitchen.**

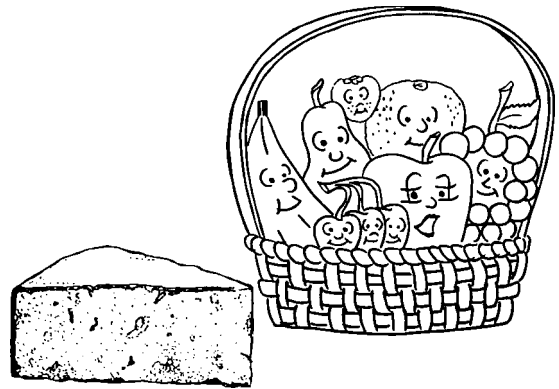
# Snack Preparation Recipe 1



## Fruit Kabobs

### Ingredients:

- 6 slices, pieces, or chunks of fruit
- 1 piece of cheese
- 3 round toothpicks
- 1 spoonful yogurt dip



### Directions:

1. Cut cheese into 3 pieces about the same size.
2. Put 2 pieces of fruit and 1 piece of cheese on each toothpick.
3. Dip into yogurt.
4. Enjoy!

Explain what you liked about this snack: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Will you try to make this again at home?

Yes

No Why not? \_\_\_\_\_

\_\_\_\_\_

