Healthy Food Fun

By Prep D
How to make Fruit Wraps

Materials:
- Fruit/Spread
- Carrots/Honey
- Bananas
- Sultanas

Steps/Method:
1. Spread the jam on the bread
2. Put bananas and sultanas on top
3. Wrap them up
4. Eat it
How to Make Fruit Animals

Materials: apples, grapes, sticks

Steps/Method:

1. This is the thing what we are making.

2. First, we get sticks to make a leg.

3. Then you get apples.

4. Eat it.
# How to make Fruit Kebabs

## Materials:
- apples
- grapes
- pears
- mandarines
- sticks

## Steps/Method:

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>chop up the fruit.</td>
</tr>
<tr>
<td>2</td>
<td>slide the fruit onto the stick.</td>
</tr>
<tr>
<td>3</td>
<td>you can make a pattern with the fruit.</td>
</tr>
<tr>
<td>4</td>
<td>eat it.</td>
</tr>
</tbody>
</table>

![Image of children making fruit kebabs]
# How to make Veggie Wraps

## Materials:
- flat bread
- cream cheese and honey
- carrots
- celery
- forks
- plate

## Steps/Method:

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>spread the cream cheese onto the bread.</td>
<td>put the carrots and celery on top.</td>
</tr>
<tr>
<td>wrap them up.</td>
<td>eat it.</td>
</tr>
</tbody>
</table>
# How to make Pizza Wraps

## Materials:
- flat bread
- ham
- tomatoes
- cheese
- forks
- plate

## Steps/Method:
1. collect the ingredients.
2. put them on to the flat bread.
3. wrap them up.
4. eat it.

![Pizza Wraps](https://via.placeholder.com/150)

![Pizza Wraps](https://via.placeholder.com/150)

![Pizza Wraps](https://via.placeholder.com/150)
How to make Sandwich Kebabs

Materials:
- bread
- ham/turkey
- tomatoes
- lettuce
- carrots
- sticks

Steps/Method:
1 ~ chop up the food.
2 ~ slide the food onto the stick. Put the bread first and last
3 ~ you can make a pattern with the food.
4 ~ eat it.