Healthy Eating Snacks

We have to eat healthy to keep ourselves healthy, we need to eat 5 fruit pieces of fruit or vegetables a day here is a couple of ideas you can make at home for a snack.

Fruit Kebabs

These are really yummy and easy to make, and you get your 5 a day I made these the other day when I had a bbq, after you have had a couple you could be really cheeky and dip it in chocolate. Shhhhhh. You can add all the fruit you like, I added strawberries, pineapple, grapes, kiwi and mango.

A slice of cake with fruit on top of a wooden table

Description automatically generatedI went strawberry picking to get my strawberries, that was good exercise. To stay healthy we need exercise, sleep and to eat fruit and vegetables.

Cream cheese faces

I made these for my friends little ones when we had a social distance lunch last week in the garden they loved making faces.

What we did, we cut a bagel in half (you can use rice cakes, muffins, crackers) spread cream cheese on it and add vegetables to it to make a face.

A plate of food on a table

Description automatically generatedwe used cucumber, pepper, olives, tomato, kale.

Have a great time making these and send school some pictures of what you have made.