

# Fruit kebabs

with yogurt and coconut sprinkles...

Summer

I remove congestion,  
to help you with digestion.



**Kiki Kiwi**

I protect every cell,  
and make your brain work well.



**Billie Blueberry**

I take cuts and bruises away  
and give you energy to go and play.



**Star Strawberry**

I am bursting with Vitamins A, B and C,  
I will keep your eyes and skin healthy.



**Marilyn Mango**

I help your muscles when you play  
sport, and I give your heart support.



**Gabby Grape**

When you need to heal a  
bruise, I'm the one to choose.



**Pablo Pineapple**

## What ingredients we are going to need

Chunks of various fruits eg. melon, mandarin, kiwi, grapes, blueberries, strawberries, mango, pineapple etc.

## It is so easy to do

Allow children to add chunks to a lollipop stick which they can roll in yoghurt and sprinkle with dried coconut if desired.

## Why it is good for us

Grapes protect your brain, hair and skin. They help in the fight against diabetes and support muscle recovery.

Melons contain antioxidants which protect your body. They are good for your eyes and for healthy skin. Melons can help protect your heart and lungs and keep you hydrated.

Mandarin oranges are rich in vitamins, minerals and fibre. Oranges can help to protect against disease and sickness. They can have beneficial effects on blood pressure, lungs and kidneys.

They also help to keep bones and teeth strong.

Kiwis can help your body digest food and relieve constipation. They are good for your skin and can boost your immune system.

Mangos are great for your skin and your eyes. They can help protect your body against disease, fight diabetes improve digestion and boost your immunity.

Strawberries are an excellent source of vitamins and many minerals. They have antioxidant powers to protect you from disease, they give you energy can promote healthy skin and strong bones and help your muscles and nerves work.

Pineapples can protect you from colds, fight free radicals (that cause disease) and can protect your eyes, skin, nails, teeth and give you energy. They help you to recover from injury and heal sore throats. Pineapples contain bromelain which has been used for centuries to treat bruising, swelling or inflammation of the skin.

Blueberries do so much good they are a superfood. They can protect your body's cells, can improve learning and memory, slow the aging process and are great for your circulation and veins.

Blueberries are anti-inflammatory (so can protect you from disease) and anti-bacterial (protect you from getting sick).

Greek Yoghurt contains probiotics which are healthy bacteria that keep your gut and digestive system healthy. It also contains lots of protein, helping you to keep your muscles strong and stay full and satisfied for longer.

Together, eating rainbows of fruits and vegetables are the best way for your body to receive a varied and balanced mix of the best nutrients possible, when you add Greek yoghurt, you slow down the release of the natural sugars found in the fruits.