

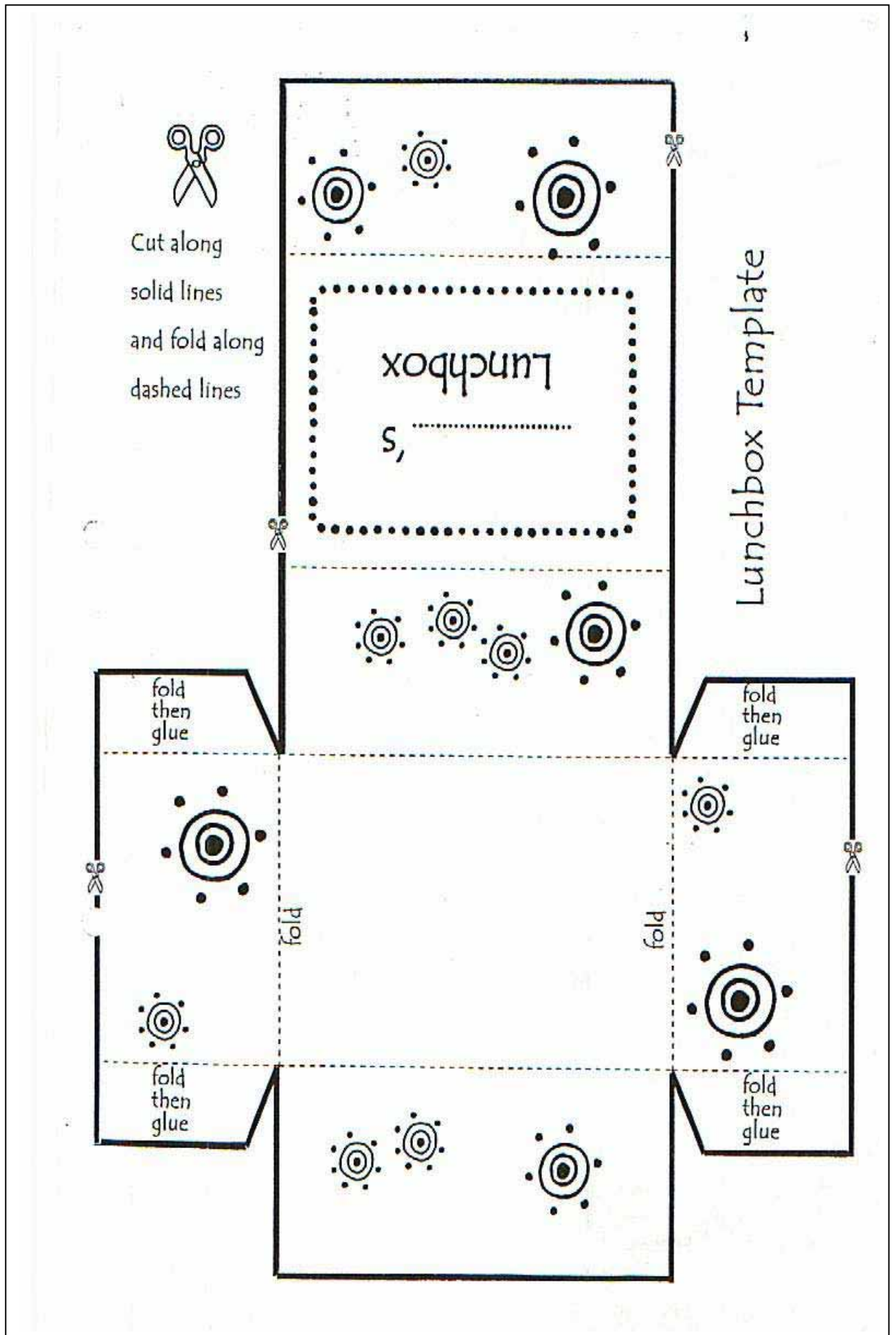
## Food Preparation /Cooking Activities

### Fruit Salad

- Dig out half a watermelon. Children can help cut up a variety of other fruits and put it into the watermelon. The watermelon acts as a bowl.....
- Variation: what about fruit salad kebabs (on paddle pop sticks for safety reasons), songs involving fruit could be sung. Children can practice fine motor skills by threading the fruit themselves.

### Cooking

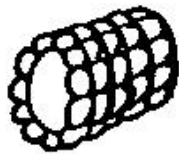
- Under supervision of child care staff, children are able to help with the preparation of vegetables and fruit (e.g. grating carrots or apples), measuring of ingredients and stirring ingredients together.



# Foods for the lunch box



noodles



corn



chicken drumstick



cherry  
tomatoes



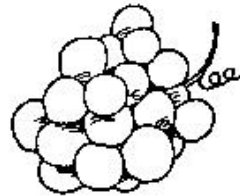
egg



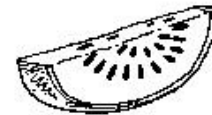
sausage roll



lollies



grapes



watermelon



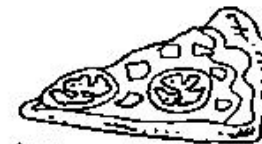
meat pie



yoghurt



water



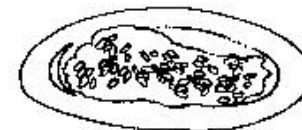
pizza



ice cream



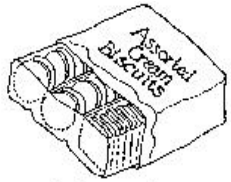
cup-cake



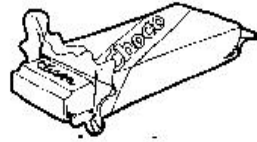
rice



apple



biscuits



chocolate



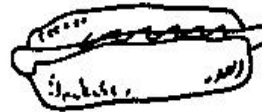
Carrot sticks



salad roll



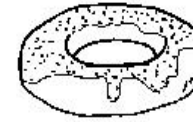
fries



hot dog



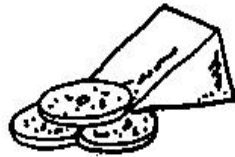
chips



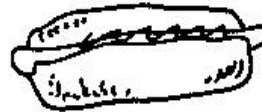
donut



banana



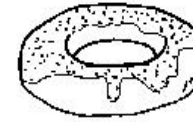
cheese and biscuits



hot dog



chips



donut



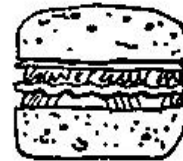
soft drink



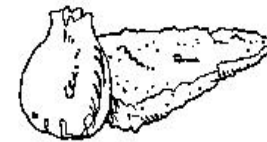
milk



sultanas



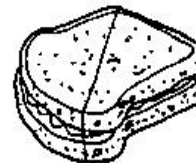
hamburger



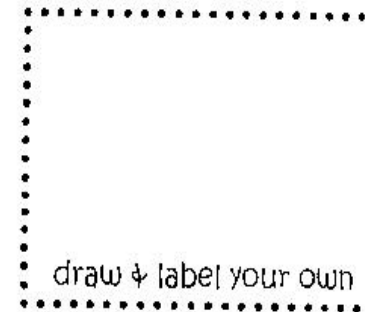
deep fried fis and dim sim



fruit roll



sandwich



draw & label your own