

# Eat a Rainbow Recipes

## RAINBOW COLOURS

### Edible Rainbow Kebabs

Buy a fruit and/or vegetable for each different colour of the rainbow. Children can help peel, core and chop the fruit and vegetables into edible pieces. Then they can thread the pieces onto kebab sticks or pop sticks to make an edible rainbow.

#### Ingredients:

You can use whatever fruits and vegetables you like. If possible, include a few unusual ones that children may not have tried before. Here are some examples:

Colours	Veggie Rainbow	Fruity Rainbow
Red/Pink	Cherry tomato	Strawberry
Yellow	Yellow capsicum	Pineapple
Orange	Carrot	Rockmelon
Green	Avocado	Kiwi fruit
Blue/ Purple	Red cabbage	Purple grapes
Brown/ White	Mushrooms	Brown pear

#### Equipment:

Pop sticks or thick kebab sticks  
Chopping knife  
Chopping board  
Vegetable peeler if required

#### Method:

1. Cut up the fruit or vegetables into small pieces.
1. Thread each colour of fruit or vegetables onto the pop stick to make a rainbow.