

Funny fruity monster faces

Make your five a day ferocious by creating a fruit (and vegetable) monster.



You will need

- Chopping boards
- Knives
- A selection of fruit and vegetables
- Honey or peanut butter
- Rice cakes

Before you begin

- Gather a selection of fruit and vegetables in a range of colours. Choose vegetables that can be eaten raw, for example, carrot or pepper. If you can, include some that people haven't tried before.
- Wash the fruits and vegetables.
- Peel any fruits and vegetables that need peeling, and chop any that need chopping with a sharp kitchen knife. Softer fruits, such as bananas or strawberries, can be left whole for young people to chop with a table knife.
- Lay out the fruit and vegetables in bowls on a table.



Get ready

1. The person leading the activity should remind everyone how to be safe when using knives.

Never point a knife, or use it too close to someone else. Keep the sharp side facing down. When not using the knife, always lay it down on the table. People should ask for help if they need it.

2. Everyone should wash their hands.

Pick your fruit

1. Everyone should look at all of the fruit and vegetables. They shouldn't touch anything, but they should look at all of the colours, shapes, and sizes.
2. The person leading the activity should ask if anyone remembers how many portions of fruit and vegetables we should aim to eat every day. Everyone should share their ideas. The person leading the activity should tell everyone that people should try to eat five portions of fruit and vegetables every day.

Tinned or canned, frozen, and dried fruit and vegetables count too. Beans and pulses can count as one portion (no matter how many you eat). Fruit juice or smoothies can count as one portion (no matter how much you drink).

3. Everyone should think about the colours of fruits and vegetables. The person leading the activity should ask whether anyone thinks certain colours might be better for people. The best thing to do is eat a 'rainbow' of fruits and vegetables, to get a wide range of nutrients.

Make a monster

1. Everyone should choose the fruits and vegetables they'd like to use. The person leading the activity may want to remind everyone to choose a variety, including something they haven't tried before.
2. Everyone should use a table knife to chop the soft fruit and vegetables into the size pieces they need to make their monster. They could think about the different things monsters may have, for example, claws, spikes, fur, eyes, and tentacles.

Slices of strawberry make great spikes, orange segments make brilliant horns, blueberries could become eyes, and slices of banana will layer to make scales.

3. Everyone should make their monster using a rice cake as a base. They should use the honey or peanut butter to stick everything together.
4. Everyone should think about what their monster's called, where they live, and if they have any superpowers or abilities.

5. Everyone should gather together to show off their monsters. Then, everyone should enjoy eating them as a tasty treat.

Safety

Sharp objects

Teach young people how to use sharp objects safely. Supervise them appropriately throughout. Store all sharp objects securely, out of the reach of young people.