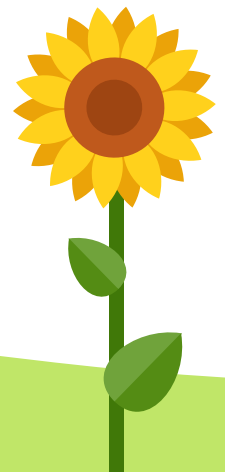


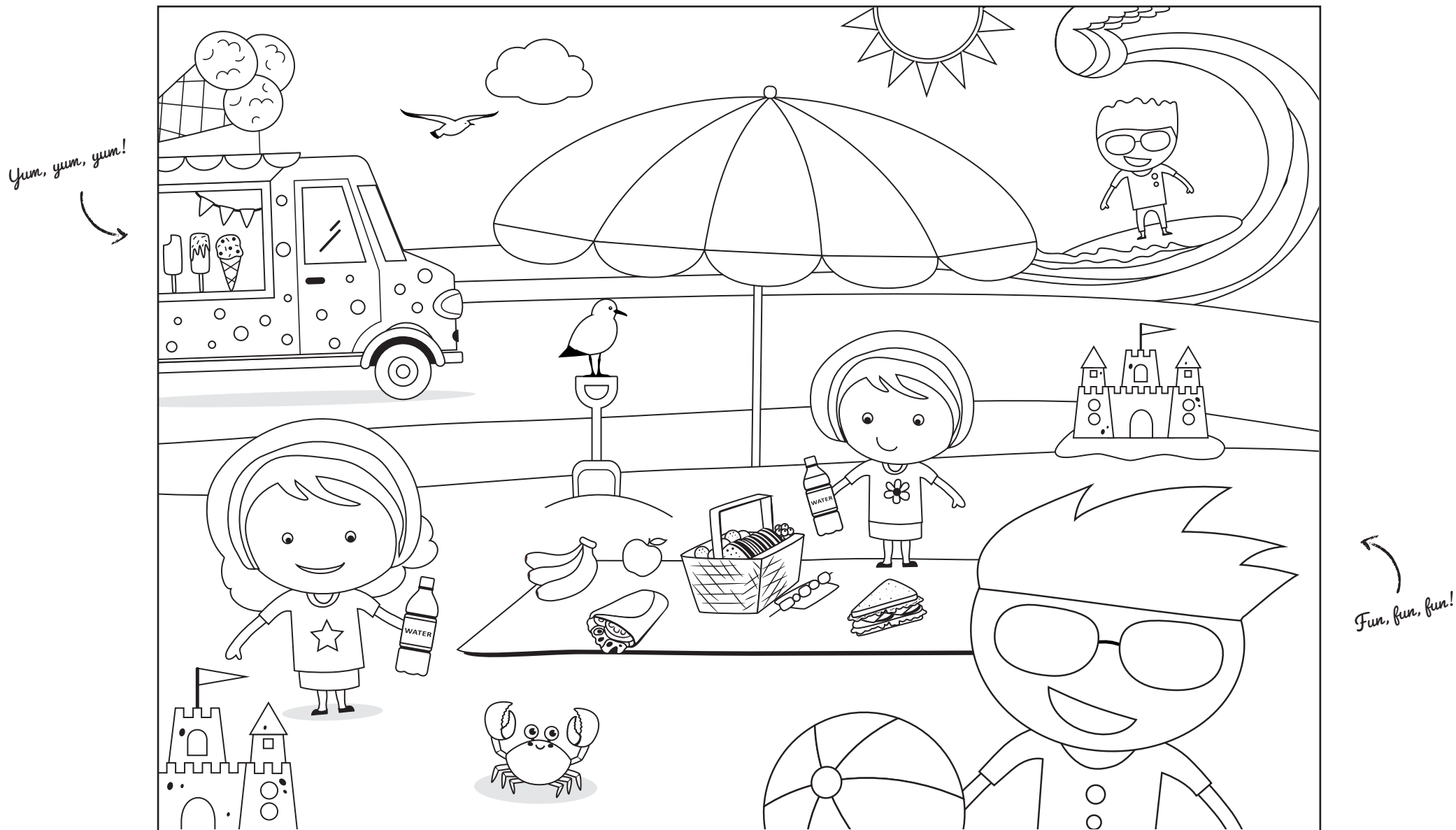


Fresh Ideas Feeding Minds



Summer Fun Pack 2026





Print me out and colour me in. Have fun and be creative :)



Cookery Club

1



Rainbow Fruit Kebab

What you need:

- | | | | |
|----------------|---------------|---------------------------|-------------|
| 1 Strawberries | 4 Kiwi Fruit | 7 Chopping Board | 10 Bowl |
| 2 Plums | 5 Bananas | 8 Knife | 11 Colander |
| 3 Oranges | 6 Blueberries | 9 Hand Washing Facilities | 12 Skewers |

To prepare:

- 1 Tie long hair back. Remove jewellery. Make sure cooking utensils and workspace are clean. Wash and dry your hands.
- 2 Wash the strawberries, blueberries and plums in cold water and place carefully in a colander to drain.
- 3 Peel the oranges and separate into segments.
- 4 Peel the bananas and chop into bitesize pieces.
- 5 Peel the kiwi fruit and chop into bitesize pieces.
- 6 Cut the plums in half and remove the stone.
- 7 Remove the stalk from the strawberries.

To make your fruity kebab:

- 1 Thread the strawberry on to the pointy end of the skewer
- 2 Followed by the orange segment
- 3 Followed by a piece of banana
- 4 Followed by a piece of kiwi fruit
- 5 Followed by a blueberry
- 6 And finally, a plum half
- 7 Enjoy your rainbow fruit kebab!

 It's that simple :)



Learning about food:

- 1 Look at the different shapes
- 2 How many colours are there?
- 3 How many different fruits have we used to make our rainbow kebab?
- 4 Smell the different fruits before you taste the terrific colours
- 5 What are the colours of the rainbow?
- 6 Enjoy your five-a-day in a fun way!





Cookery Club 2



Love our Smoothies

Yum, healthy :)

..... Strawberry and Mango Smoothie

- ① 250ml milk or plant-based alternative
- ② 1 x Ripe Banana – peeled, sliced and frozen (see top tips!)
- ③ 1 x Mango – skinned and cut into chunks
- ④ 5 x Strawberries (or 10 x raspberries) – hulled

To prepare:

- ① Start by preparing the fruit as detailed above.
- ② Combine all ingredients into a blender (or use a stick blender) and whizz until smooth and frothy.
- ③ Pour into glasses and serve a few fresh strawberries, raspberries, or blueberries on top of the smoothie and enjoy!

..... Super Berry Smoothie

- ① 250g Frozen Berry Mix
- ② 250g Strawberry Yogurt or plant-based alternative
- ③ 50ml Milk or plant-based alternative
- ④ 15g Porridge Oats
- ⑤ 1 Tsp Runny Honey (optional topping)

To prepare:

- ① Put the frozen berries, yogurt and milk into a blender (or use a stick blender) and whizz until smooth and frothy.
- ② Stir in the porridge oats.
- ③ Pour into glasses, serve with a drizzle of honey and enjoy!



norse
group





Cookery Club 3



Apple and Berry Slice

Yum, yum :)

This is a lovely summery dessert that has very little added sugar as there is natural sweetness in the fruit!

..... Ingredients

- 1 225g Margarine
- 2 50g Brown Sugar
- 3 250g Self-Raising Flour
- 4 200g Mixed Summer Berries – fresh or frozen
- 5 450g Bramley Apples – peeled, cored, and chopped

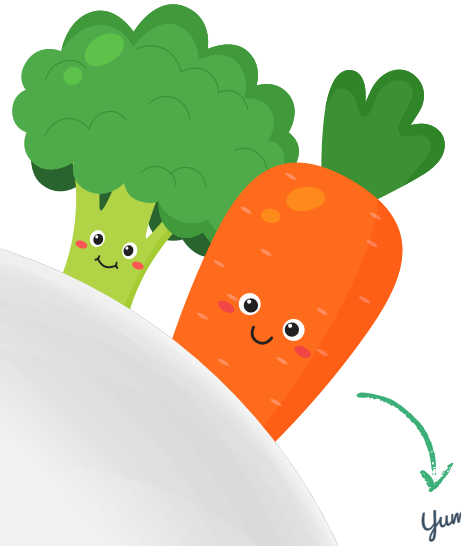
Method:

- 1 Preheat the oven to 180°C or Gas Mark 4.
- 2 Grease and line a 20cm x 30cm baking tin.
- 3 Prepare the apples and gently cook with the berries in a pan on a moderate heat until soft. Leave the fruit to cool.
- 4 Rub the flour and margarine together until the mixture looks like fine breadcrumbs.
- 5 Add the sugar to the flour mixture and mix well.
- 6 Put half of the flour mixture into the tin and press down. Then spread the cooked fruit over the base. Add the remaining flour mixture on top.
- 7 Bake in the oven for 30 minutes until golden brown and the base is cooked.
- 8 Portion up when cool and enjoy!





Design your dream school dinner



*Draw on
the plates :)*



Rate **your** plate

Why don't you have a go at
being a food inspector and review
a meal you have tried during
the summer holidays?

Name of dish you are reviewing

1

What country is it from

4

What did you like about it?

2

Draw the dish you tried

Describe how it tasted

Examples: was it spicy, sweet, salty or bitter?
What texture does it have?

3

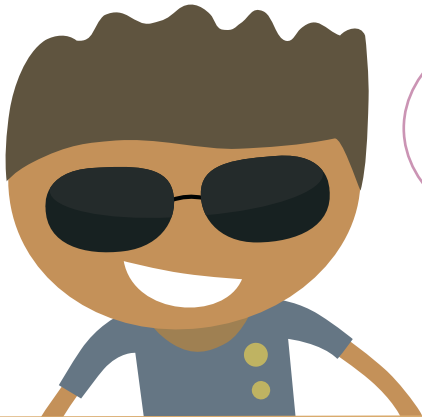
Rating score out of 5 stars

Colour the number of stars it should be awarded





Try New Foods



See how many different foods you can try this summer! Simply tick them off as you go!



Fruits

- | | | | | |
|---------------------------------|---------------------------------------|-------------------------------------|-------------------------------|---------------------------------------|
| ☐ Apple | ☐ Blackberries | ☐ Grapefruit | ☐ Lime | ☐ Raspberries |
| ☐ Banana | ☐ Blueberries | ☐ Lemon | ☐ Pear | ☐ Strawberries |

Vegetables

- | | | | |
|---|--|--------------------------------------|---------------------------------------|
| ☐ Beetroot | ☐ Carrots | ☐ Green Beans | ☐ Radish |
| ☐ Broccoli | ☐ Corn on the Cob | ☐ Lettuce | ☐ Spinach |
| ☐ Butternut Squash | ☐ Cucumber | ☐ Peppers | ☐ Sweet Potato |

Other

- | | | | | |
|--------------------------------------|-----------------------------------|----------------------------------|--|--------------------------------|
| ☐ Brown Bread | ☐ Crackers | ☐ Noodles | ☐ Tortilla Wrap | ☐ Oats |
| ☐ Couscous | ☐ Hummus | ☐ Popcorn | ☐ Lentils | ☐ Pasta |



Healthy Fruit Word Search



The tasty fruits below are all hidden in the grid. Can you find them all?



Lemon | Raspberry | Orange | Lime | Blueberry | Apple | Kiwi | Banana | Strawberry | Pineapple | Grape | Mango

T	U	P	A	I	L	X	F	I	L	L	O	R	A	N	G	E	M	E
E	A	P	P	L	E	I	C	A	T	I	P	L	O	C	Z	I	E	S
L	G	L	I	F	T	M	O	O	N	O	D	P	H	E	O	F	E	D
D	I	G	C	B	J	O	Y	G	A	E	O	I	T	P	S	W	S	L
L	E	M	O	N	F	D	O	R	O	S	R	N	B	A	T	N	A	O
N	G	I	L	O	N	V	Z	A	O	J	L	E	L	O	R	A	D	S
K	R	E	A	D	W	L	H	P	T	W	I	A	O	T	A	T	T	M
I	H	E	W	O	R	I	L	E	L	E	A	P	S	E	W	I	T	A
W	O	E	W	A	L	M	Y	O	U	L	L	P	N	E	B	L	I	N
I	E	O	G	S	A	E	N	D	W	I	C	L	H	D	E	Y	U	G
W	D	B	L	U	E	B	E	R	R	Y	F	E	L	L	R	D	I	O
E	X	C	E	L	I	N	E	V	E	R	Y	L	W	I	R	L	R	S
R	A	S	P	B	E	R	R	Y	T	A	S	T	I	C	Y	L	A	E
L	O	V	L	D	A	T	J	I	L	O	B	A	N	A	N	A	S	L

