

**Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.**

## Activity: Stick Play

**'Something on a stick' day traditionally celebrates food on a stick. Creating fruit sticks is a great way to encourage children to try new fruits, textures and flavours, expand their vocabulary and express their preferences.**

### Learning aims

- Express likes and dislikes
- Vocabulary to describe different fruits and talk about own experiences
- Be curious about new fruits look and taste
- Maths - size, shape and quantities
- Physical development, manipulating fruits onto a stick.

### Resources

- Wooden skewers
- A bowl with each of the fruits on offer (options could include: dragon fruit, banana, strawberries, mango, blackberries, blueberries, raspberries, melons, papaya, watermelon, guava, star fruit, pineapple)
- Chopped fruits or fruit and knives for children to chop their own fruit
- A completed fruit stick with your own fruit preferences
- Images of other stick food e.g. ice-lollies, candy floss.



### Activity outline

1. Introduce the concept of food on a stick by showing the children images of different foods on a stick. Ask children about their own experiences of eating food on a stick. Talk about eating stick food with your hands, and find out if they know of any other foods eaten with their hands
2. Invite the children to explore your bowl of fruit. Encourage them to feel and smell the fruits. Which fruits do they recognise? Which fruits do they like to eat? Which fruits might they like to try?
3. Show the children your fruit stick. Talk about the fruits you have chosen and demonstrate how to add fruit to the skewer
4. Provide children with their own skewers and encourage them to make their own fruit skewer according to their individual preferences

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5. Engage in conversation, where appropriate, about the fruits and the health benefits they provide for growing bodies
6. Enjoy the fruit sticks!

### **Extension ideas:**

- Display the bowl of whole fruits for children to continue exploring their properties
- Encourage children to add fruits in a pattern of their choice.

### **NDNA products to support you with this activity:**

- Factsheet - [Healthy Eating](#)
- Online course - NCFE CACHE Level 4 award – [Become a PANCo](#)
- Online course - [Get up to speed with PANCo](#)