

Classroom Champions



LIVE



Healthy Living Kabobs Recipe

- STEP 1 - PICK YOUR KABOB**
Pick four fruits or four vegetables that you want to have on your kabob. We love apples, bananas, pears and blueberries.
- STEP 2 - CAREFUL CUTTING**
With the help of your parents, family, or older siblings, cut your fruit or vegetables into smaller square pieces.
- STEP 3 - PICK AND STICK**
Grab a skewer, chopstick, or even a straw and stick it through the middle of each piece of fruit or vegetable. You may need to use a fork to start making a hole in your fruit or vegetables if they're tough.
- STEP 4 - ENJOY**
Pour a small cup of salad dressing for your vegetables or squirt some honey on top of your fruit... and start eating!



Take a picture and share with Tiffeny, Winter and Classroom Champions on social media or email!

Find More at teach.classroomchampions.org or



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