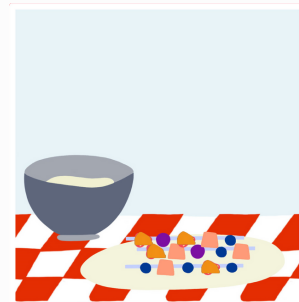




COOK ALONG RECIPE:

Fruit Skewers



SHOPPING LIST



- Mango - 1, cut into strips



- Grapes - 1 cup



- Blueberries - 1/2 cup



- Cantaloupe - 1/4 melon cut into cubes



- Yogurt - 1/4 cup



- Honey - 1 1/2 teaspoons



- Vanilla Extract - 1/4 teaspoon

PREP LIST

- Cut melon
- Peel and cut mango into strips
- Wash all produce
- Measure out all ingredients

FINE MOTOR SKILLS



- Slicing



- Mixing



- Skewering

1

Cut the mango slices into cubes and place in a bowl.

2

Either with the index cards as a guide, or without, alternate placing the mango, melon, blueberries and grapes on a stick to create a pattern.

3

In a measuring cup, combine the yogurt, honey and vanilla. Serve the yogurt dip with the skewers.



Fold

Fruit Skewers

Tools:



Cutting Board



Knife



Fork



Measuring Cup

