



## Fun with Fruit and Veggie Kabobs

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*If you have a picky eater or a child who won't eat fruits or veggies, this info is for you! Know that you are not alone. Many children are picky eaters and may struggle with eating enough fruits and vegetables. A few tips to encourage children to eat fruits and vegetables include making food fun, offering healthy ingredients and letting children help prepare the food. One fun way to get children involved in the kitchen is by letting them create their own kabobs.*



### Kabob Tips:

- There are many different ways to make kabobs that include a variety of colors and food groups.
  - Rainbow kabobs can be made with fruits and vegetables of varying colors.
  - Create MyPlate kabobs using food from each of the five food groups like ham, cheese, cucumber, pineapple and bread.
  - Create pizza kabobs using a piece of bread, cherry tomato, and a cheese cube.
- A toothpick can be used to make small kabobs, and works well with small pieces of fruits and vegetables.
- Dip fruit kabobs in yogurt or a fruit dip, like the Tropical Fruit Dip.
- Raw fruits and vegetables can be a choking hazard for children, so be sure to choose small, soft pieces for toddlers and young children.
- For safety reasons, consider having children use a small straw or a stir stick in place of a wooden or metal skewer stick.
- Visit the MyPlate website for more kid-friendly ways to add fruits and veggies to meals and to learn how to make caterpillar kabobs and more.

#### Source:

10 Tips: Kid-friendly Veggies and Fruits, United States Department of Agriculture:  
<https://www.choosemyplate.gov/ten-tips-kid-friendly-veggies-and-fruits>

### Tropical Fruit Dip

- 1 cup non-fat yogurt, vanilla
  - 1 (3.9 oz.) package instant coconut pudding mix
  - 1 cup non-fat sour cream
  - 1 cup non-fat milk
  - 1 cup crushed pineapple, drained
1. Wash hands with soap and water.
  2. In a medium bowl, stir together all ingredients until well blended. Cover and chill at least two hours.
  3. Serve with fresh fruit or graham crackers.
  4. Makes 8 servings. Each serving provides 117 Calories, 0g Total Fat, 248mg Sodium, 26g Total Carbohydrates, 0g Fiber, 21g Total Sugars, 3g Protein.

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<http://go.unl.edu/chi>