



Fun with Fruit and Veggie Kabobs

Article written by Natalie Sehi (nsehi2@unl.edu), MS, RD, Extension Educator

If you have a fussy 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 fruit and vegetables. 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 different ways to make kabobs that include a variety of colors and food groups.
 - **Rainbow kabobs** can be created using an assortment of fruits and vegetables in a range of vibrant colors.
 - **MyPlate kabobs** can be made by incorporating ingredients from each of the five food groups, such as ham, cheese, cucumber, pineapple, and bread.
 - **Pizza kabobs** can be assembled with a slice of bread, a cherry tomato, and a cube of cheese.
- 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.

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 & 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.

This article was reviewed and updated in 2025. More Food Fun for Young Children Newsletters: <https://go.unl.edu/food-fun>

Source: MyPlate, United States Department of Agriculture: <https://www.myplate.gov>