

UPCOMING
CLASSES:

- Vegetable Varieties
- Powerful Protein and Dairy Delights
- Healthy Snacks and Breakfast

INSIDE
THIS ISSUE:

Fruit Kabob Pictures 1

Flavorful Fruit 1

Fruit Kabobs Recipe 2

Fruit Tasting & Recipe Tips 2

Kids Up Front

JULY 27, 2010

Fruit Kabobs



Flavorful Fruit

Another great team effort by students enrolled in The DOT Organization. The children worked both individually and in table teams to prepare fresh fruit smoothies and kabobs with dipping sauce - from start to finish. First the kids cooled off with refreshing smoothies after some outside fun and exercise. Then

they designed their own kabobs with grapes and cut up fresh pineapple, cantaloupe melon, mango, apples, and peaches. Each student had the opportunity to blend their own dip made from vanilla yogurt, a dash of honey and a pinch of fresh lime or lemon zest. Did you know there is no food on this planet

besides whole fruit that contains as much as 80% water? Eating whole fruits each day provides your body with water in addition to fiber, vitamins and minerals.

For more cooking and fun, checkout *Fizzy's Lunch Lab* online: <http://pbskids.org/lunchlab>

By Diana Wind, Chef



Fruit Kabobs (Serves 6)

- 1 pint strawberries
- 2 kiwi fruit
- 1 small bunch of grapes
- 2 peaches
- 1 lemon or lime
- 1 teaspoon sugar
- 1 cup plain nonfat yogurt
- 1 tablespoon honey
- 1 teaspoon lemon or lime zest
- 12 wooden skewers, 6 inches long

1. Cut fruit into 1-inch chunks or leave whole.
2. Zest the lemon or lime rind.
3. Combine the juice of the lemon or lime with the sugar and coat the fruit.
4. Spear the fruit onto wooden skewers.
5. Mix the yogurt, honey, and 1 teaspoon lemon zest.
6. Dip the fruit kabobs into the yogurt sauce before eating.

	Calories	Fat	Carbohydrates	Protein
Amount/ Serving	84 calories	<1 grams	19 grams	3 grams
% Daily Value	4%	<1%	6%	

Fruit Tasting and Recipe Tips

In last week's nutrition activity students sampled pomegranate, papaya, mango, golden raisins and dried apricots. The fruit detectives then documented and shared their observations. They learned that fruit does not only taste great, but also packs important nutrients. Vitamin C aids in healing and maintaining healthy skin. It can be found in citrus fruits, juices and melons. They also learned that vitamin A is necessary for healthy skin, eyes and in fighting disease. Foods high in vitamin A are usually red, orange, deep yellow and dark green, which include carrots, pumpkin and broccoli.

Fruit Smoothie Recipe Tips

- Never use a blender without adult supervision.
- No need to follow a recipe for smoothies. Be creative and try thinning yogurt based smoothies with milk, juice or water.
- Adding an ice cube or two will give your smoothie a cold blast!

Kabob Recipe Tips

- Remember to wash whole fruits before cutting them.
- Brushing the kabobs with lemon juice will keep fruit from browning.
- Use metal skewers for grilled fruit kabobs.
- Citrus zest adds fresh flavor to fruit dips. Try lime or lemon.

- Microplane graters and zesters are a great tool for zesting citrus fruit.

Kids Gardening

What do all fruits have in common? *They have seeds.*

Unusual Fruits

Pomegranate (*Punica granatum*) is an ancient fruit, dating back to 1000 BC.

Tamarillo (*Solanum beta-ceum*) comes from the Spanish word for yellow, 'amarillo' and 't' for tomato. It is called *Tree Tomato* in other parts of the world. It is best cooked in stews, chutneys, compotes and curries, than eaten fresh.
By Becky Adams & Diana Wind