

What You Will Need

Handa's Surprise by Eileen Browne

Equipment:

cutting board	plastic knives for children's use
sharp knife for leader use	plate or tray for fruit
medium mixing bowl	small paper plates
large spoon for mixing	plastic spoons
rubber spatula	napkins or paper towels

Ingredients:

For Fruit Tray—assorted fresh fruit—estimate about 1 piece of fruit per child. If the class is 20 children, you might need a variety of 10 whole fruits. May want to use canned pineapple instead of fresh.

For Tropical Fruit Dip—

- 2 cups lowfat sour cream
- 1 cup pina colada or other fruit flavor yogurt
- 1/2 of 4 oz. package of french vanilla instant pudding (dry mix)
- One bag thin pretzel sticks

Other Possible Activities:

- **Fruit Prints**—Cut apple and other firm fruits. Have children dip into tempera paint and stamp on a blank Food Guide Pyramid. Try cutting the apple horizontally to get a star in the middle.
- **Seed Match**—Collect fruit seeds ahead of time. Play a matching game—see if children can match the seed to its correct whole fruit.
- **Apple Tree Finger Play**—lead children in this stretching activity

'Way up high in the apple tree,
(Hold hands above head)

Two little apples smiled at me.
(Smile)

I shook the tree as hard as I could
(Put hands out as if on a tree and shake)

And down they came
(Put hands above head, then lower them to the ground)

And mm-m-mmmmmmm were they good!
(Rub tummy)





Handa's Tropical Fruit and Dip

Fruit Tray:

Use a variety of available fruit – some seasonal, some unusual, some favorites.

If fruit will quickly brown after cutting, you may wish to dip cut pieces in pineapple or orange juice to prevent browning.

Tropical Fruit Dip – yields 3 cups

- 2 cups lowfat sour cream
- 1 cup pina colada or other fruit flavor yogurt
- 1/2 of 4 ounce package french vanilla instant pudding (dry mix)

Optional:
thin pretzel sticks for dipping

Combine sour cream, yogurt and dry pudding mix in a medium bowl. Mix well and chill.

Children may enjoy using pretzel stick “tooth-picks” to spear fruit for dipping.

Nutrition Facts	
Serving Size 1/4 cup (65g)	
Servings Per Container 12	
Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 2g	10%
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 2g	
Vitamin A 6%	Vitamin C 0%
Calcium 8%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.