



Fruit Sushi!



Makes enough for 10-15 kids to make 1 fruit sushi roll.

This fake sushi is fun to assemble, delicious, healthy and super for kids to create! It is a little messy, but clean up is fun with chopsticks!

Preparation to be done by teacher/adult beforehand:

1. Cut up strawberries, pears, and apples into very tiny pieces; store in individual bowls in refrigerator until time for use
2. Create workstation for each student with wax paper/paper plate, pair of gloves, plastic knife, and fruit strip
3. Directly before activity is done, cut up banana into ½ inch thick slices

Creating the fruit sushi rolls:

4. Have students unwrap their fruit strip; distribute 2 slices of a banana to each student; with their gloves on, have them smooch the slices up with their hands; they can use their hands or the knife to spread the smooshed banana onto their fruit strip; remove gloves
5. Distribute 2 teaspoons of oats and let students sprinkle on top of banana
6. Distribute and have students sprinkle tiny amount of strawberries, pears and apples on top of the oatmeal
7. Distribute about 2 tablespoons of each flavor of yogurt onto students' plates so they can try the roll dipped in yogurt too!
8. Have students roll up the fruit strip; some of the fruit will fall out during this process; inform students that after they finish it, they can use the chopsticks to eat what fell out

Ingredients:

For the wrap:

- 10-15 fruit strips (individually packaged)

For the filling:

- 2 medium bananas
- 6 medium strawberries
- 1 small pear
- 1 small apple
- 1 cup of oatmeal

For the dip:

- 2 (6 ounce) containers of low fat yogurt, try vanilla & lemon!

Equipment:

- Cutting board/surface
- Sharp knife
- 10-15 plastic knives
- 10-15 pairs of disposable kitchen gloves
- Wax paper or paper plate of "work stations" for each child
- 10-15 chopsticks
- Small bowls to hold cut-up fruit