

SPAR 

BETTER CHOICES kids



FREE RECIPE
TO TAKE HOME



Fruity Tortoise



WHAT YOU NEED:

- 1 kiwi fruit per person to make 2 - 3 tortoises each
- 1 bunch of green grapes
- Black sesame seeds
- Toothpicks

WHAT TO DO:

1. Ask an adult to peel the kiwi fruit and cut into slices about 1 cm thick
2. Take grapes off the stalks and cut some in half to make the legs
3. Take a toothpick and place half a grape on one end. Push it through the kiwi fruit lengthways and add another half grape to the end that is sticking out. Repeat for the other legs.
4. To make the tortoise head, push a whole grape onto the end of a toothpick and push through the kiwi fruit lengthways. Use 2 black sesame seeds to make the eyes.
5. Snap a pic of your tortoises! Remove the toothpicks before gobbling them up.

TIP!

Eating fruit or veg at each meal helps you reach your target of 6 a day!



ENJOY!