

Fruit Kabob Activity

Supplies needed:

- Strawberries
- Mandarin orange slices
- Pineapple chunks
- Grapes
- Bananas (peeled and sliced)
- Disposable plates
- Napkins
- Wooden kabob sticks
- Toothpicks

Objective:

Participants will gain a better understanding of selection criteria and will increase their respect of individual differences while completing a healthy snack.

Directions: (Do)

1. Clean the fresh fruit and drain the canned fruit from its can juices.
2. Place the items on a table in an assembly line fashion.
3. Instruct participants to go through the line and pick up one kabob stick, one plate, and the fruit they want to make a fruit kabob. They are to use the toothpicks instead of their hands to pick up the fruit they want. Once they have all the fruit they need, they should return to their table and make their kabob. It is important that participants NOT eat their fruit kabob.

Questions (Reflect)

1. After everyone has made their kabob, have them hold it up and show off their kabob to others in the room.
2. Ask 3 or 4 people, one at a time, to come to the front and show everyone their kabob. Have them explain how they determined what fruit to select and the method used to create their kabob.

Processing: (Apply)

1. How can the skills used to select fruit be used to select a used car, for example? (size of fruit, blemishes on fruit, color of fruit, overall general appearance)
2. Were there any two fruit kabobs made exactly alike? (Although everyone received the same instructions, no two are exactly alike. People have different opinions, different creativity, and on open ended assignments/tasks they provide different approaches to giving the answer.)
3. How can we use this activity to learn to respect individual differences we all have?
4. How can this activity be used to teach diversity as it relates to cultural, social, racial, and ethnical differences?
5. Have the participants enjoy their healthy fruit snack.