



FRUITY CHRISTMAS TREE

Fancy a healthy Christmas treat? Why not try making the Fruity Christmas Tree instead of the usual Christmas candy gingerbread house?

You can use any fruits you like - just remember to keep it colourful!



Skill Check (as appropriate for each Key Stage):

Follow a recipe; follow food safety & hygiene rules; tidy away; chop using bridge/claw safely; decorate and garnish.

Equipment: 1 styrofoam cone (25cm) can be found in craft stores or online, cocktail sticks, assortment of cookie cutter shapes including stars, knife, chopping board, serving plate.

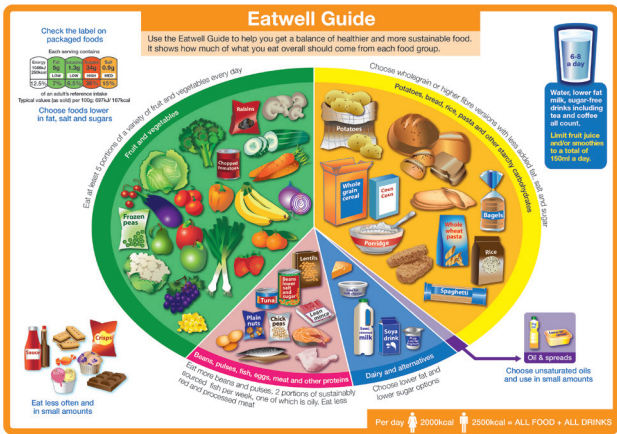
Ingredients (makes 1 tree):

- 1 kiwi
- 6 strawberries
- 1 satsuma
- cantaloupe melon (1 slice)
- Green and red grapes (10 grapes)
- Bunch of mint

Method

1. Wash and prepare the fruit.
2. Cut 1cm slices of the melon. Using the cookie cutters cut a variety of shapes from the flesh, including a star for the top of the tree.
3. Place the cone on a small plate and beginning at the bottom insert toothpicks into the cone and stick pieces of fruit onto the sticks.
4. Continue working upwards placing fruits in a visually appealing way, using the grapes to fill smaller spaces between the larger pieces of fruit.
5. Place a cocktail stick vertically in the top of the cone and place a melon star on top.
6. Spread mint leaves around the base of the tree to cover the plate, tucking it up and under the fruit.

FRUITY CHRISTMAS TREE Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 231g serving (1/2 tree)

ENERGY	382KJ / 91kcal	5%
FAT	0.5g	<1%
SATURATES	0.0g	<1%
SUGARS	17.4g	19%
SALT	TRACE	<1%

% of an adult's reference intake
Typical values per 100g : Energy 166KJ / 39kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

So, thinking about Fruity Christmas Trees...

Fruit is naturally high in fibre, low in calories and provides many vitamins and minerals to keep our bodies fit and healthy.

