Flounder the Fruity Fish

Flounder the fruity fish is a great snack to make with children. We’ve used strawberries to make his scales but you can use different fruits or vegetables such as sliced peach or tomatoes. Why not give children a choice of what they’d like to add. Remember the more colourful the better!

Ingredients

- 1 teaspoon of cream cheese
- 1 slice of white or brown bread
- 3 strawberries or fruit/vegetables of your choice (pre-chopped into slices)
- Blueberries or raisins
- Chives or spring onion for decoration (optional)

Method

1. Help your child to carefully cut the shape of the fish from the slice of bread (using child friendly knives), form a diamond shape for the body and corners as the tail and fins.
2. Encourage your child to arrange the bread on the plate in the shape of a fish to give Flounder his body.
3. Encourage your child to scoop a spoon each of cream cheese and spread over Flounder’s tail and body.
4. Now for Flounder’s scales! Get your child to place the strawberry scales onto his body.
5. If using chives or spring onion, encourage your child to carefully cut the chives using child friendly scissors and arrange them at the bottom of the plate.
6. Now for the bubbles! Get your child to place the blueberries or raisins above Flounder’s face.
7. Sit together and enjoy the snack.

Link to learning

By preparing food, children develop fine motor skills, this will help them to learn to draw and write. Children are also more likely to eat what they have made. Preparing and eating food together also provides a great opportunity to talk about food which encourages their verbal skills and helps them to learn about food. Here are some suggestions what you can talk about:

- Why are fruit and vegetables good for us? Fruit and vegetables contain vitamins and minerals.
- What colour are strawberries? Strawberries are red.
- Where do strawberries come from? Strawberry plants grow in the ground.
- Do strawberries taste sweet or sour? Strawberries taste sweet.
- What is cheese made from? Cheese is made from milk.
- Where does milk come from? Milk comes from cows.
- Why is milk good for us? Milk contains a mineral called calcium which we need for strong bones and teeth.

From: https://www.earliestartgroup.com/category/nutrition-services/