SHOPPING LIST

Fruit Kebab

- ◯ Strawberries
- ◯ Banana
- ◯ Kiwi
- ◯ Cantaloupe
- ◯ Wooden Skewers

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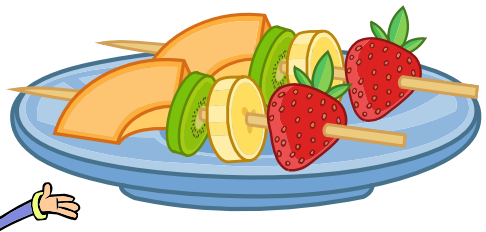
Professor Fizzy presents

SNACKS

PBS KIDS GO!

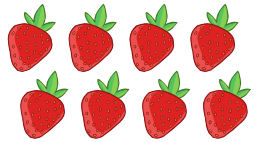
FIZZY'S LUNCH LAB

Fruit Kebab



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	less than 30 min.	Easy	

YOU WILL NEED



8 small strawberries

1 large banana, cut into 8 slices

1 kiwi, cut into 8 slices

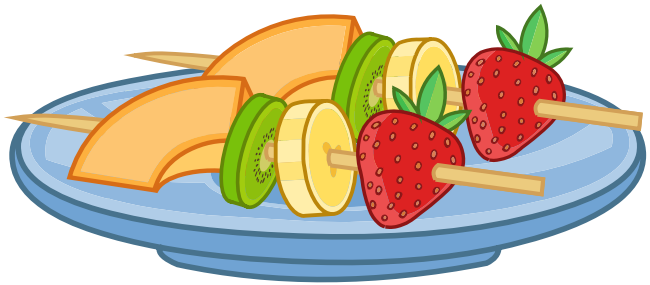
1/4 cantaloupe, cut into 8 slices

4 wooden skewers

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Thread 1 whole strawberry, followed by one slice of banana, kiwi, and cantaloupe on each skewer. Repeat until all the fruit is used up. Serve.



pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size 1 kebab (130g)
Servings Per Container 4

Amount Per Serving	
Calories 70	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 1g	
Vitamin A 25% • Vitamin C 100%	
Calcium 2% • Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4