Charlie’s Fiery Fruit and Veg Wands

**Ingredients**

**For the fiery veg wands:**
A mixture of red, orange and yellow vegetables, such as red and orange peppers, tomatoes, carrot sticks

**For the fiery fruit wands:**
A mixture of red, orange and yellow fruits, such as melon, oranges, pineapple, watermelon, mango, strawberries, raspberries

**Equipment**
Wooden skewers
Knife
Chopping board

**Method**

The method is the same whether you choose to make the fruit or the vegetable wands (or even a mixture of the two!).

1. Wash your fruit or vegetables.
2. Prepare and peel any fruit or vegetables as necessary.
3. Using the knife, with a grown-up, carefully cut the fruit or vegetables into small chunks that are big enough to place on your skewers but small enough to eat.
4. Carefully place the chunks and slices of fruit or vegetables onto your wooden skewers. You could make a pattern with the fiery colours!
5. Enjoy eating your delicious, healthy fiery snacks!