

RED, WHITE & Yummy

ENJOY THESE SAVOURY TREATS WHILE YOU WATCH THE NATIONAL DAY PARADE!

TOMATO & CHEESE SKEWERS

WHAT YOU'LL NEED

- ▶ Cherry or grape tomatoes
- ▶ Mini mozzarella cheese balls
- ▶ Fresh rocket leaves
- ▶ Salt and pepper
- ▶ Balsamic vinegar
- ▶ Wooden skewers or satay sticks

MAKE AS MANY AS YOU LIKE

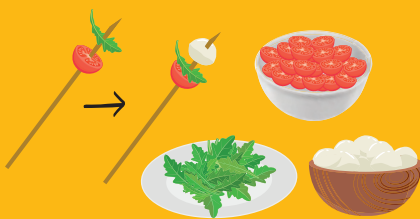
FOLLOW THESE STEPS



1 Wash and dry the tomatoes and rocket leaves.



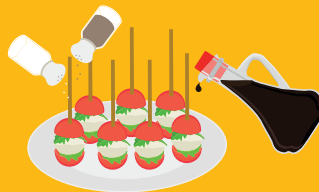
2 Slice the tomatoes in half.



3 Thread half a tomato, rocket leaf and mozzarella ball on the skewer.



4 Finish by threading another rocket leaf and the other half of the tomato.



5 Drizzle balsamic vinegar over the skewers. Sprinkle a little salt and pepper. Enjoy! ♥



FUN WITH PATTERNS

Teach your children about **patterning**. As they thread the ingredients through the skewers, they learn about sequencing and anticipating which food item comes next. These skills are an important part of mathematical skills development.



Instead of mozzarella cheese balls, you can use reduced fat cheese cubes as a healthier choice!

Visit www.healthhub.sg/live-healthy/1495/dear-dairy to find out the benefits of dairy products.



Adult supervision is required and child will need to be assisted when using the knife.