

Celebration Food

Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru

Doesn't have to be sugar laden cakes, chocolate, crisps and biscuits, it can still be fun, tasty and count towards your children's 5 a day.

Here is some inspiration for the year ahead:

Valentines Day



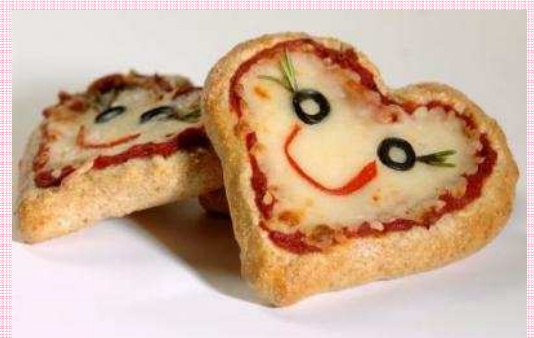
Watermelon and orange slices on a kebab stick for a cupid's arrow



Strawberry hearts with a yoghurt dip



Cut a heart shape out of a piece of toast and fry an egg in it using a small amount of oil



Make pizza hearts with a variety of vegetables for a face



Easter



Pots filled with carrots and a dip

Why not use food colouring to dye and paint boiled



Carrot and broccoli platter



Halloween



Spaghetti and hot dog spiders, why not serve on a bed of pasta sauce

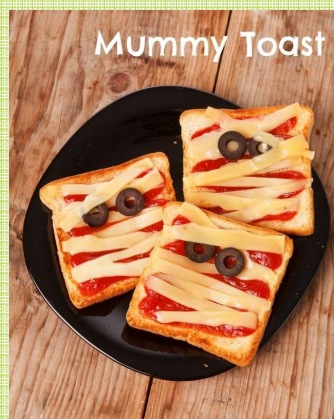


Apple mouths with cheese teeth

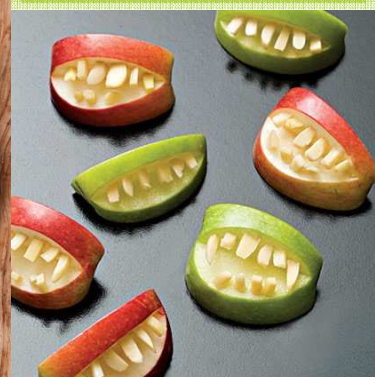


Carrot fingers with dip

Boiled egg with olive spiders



Mummy Toast



Christmas



**Banana snowmen
with apple and
grape hats**



**Fruit and vegetable
Christmas trees**



**Strawberry and
banana canes, you could
even add a yoghurt dip**



**Vegetable Christmas
wreath with a ham**



**Mulled apple juice: 1ltr
apple juice, 1 cinnamon
stick, orange slice and 3
cloves-put all in a pan
and simmer for 10
Minutes. Perfect winter
warmer!**



**Strawberry, banana
and grape Santa's**



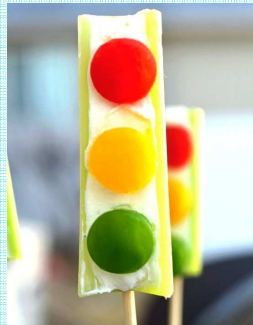
**Rudolph water
bottles and bags**



**It's a wrap
Christmas platter**

Parties

Celery sticks with low fat cream cheese and pepper make traffic lights



Apple cars with grape wheels, why not try carrot blueberry or olive wheels?



Make your own pizza



On a hot summer day why not try frozen grapes or water melon on a stick



A different take on vegetables and a dip in an edible bread pot

Decorate a wooden clothes peg to liven up a bag of fruit



Biscuit cutters are a great way of adding interest to fruit kebabs





Cucumber boats with mixed vegetable rice filling and pepper flags



Watermelon baskets



Bonfire Night



Oat fruit crumble

Roast sausage, apple and root vegetables



Pumpkin Soup



Homemade bread rolls



Parties

We all love to celebrate and what a better way to celebrate with some fantastic fruit treats



Fruit cups



Fruit platter