

Travel Snacks

Green-Schools Travel: Health & Wellbeing (SDG3)



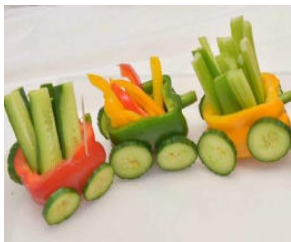
Create your own travel themed snacks such as traffic lights, cars and trains out of vegetables and fruit. This is a great way to start talking about transport and introduce new food types. All you need are a variety of red/yellow(or orange) and green fruit and vegetables, BBQ sticks or cocktail sticks.

Traffic Lights



Create edible traffic lights out of fruit or vegetables using BBQ sticks or cocktail sticks. You could use strawberries, pineapples, kiwis or red/yellow/green apples to create your traffic light. If you are focusing on different types of vegetables you could use peppers, tomatoes or carrots.

Veggie Train



Cut a train engine shape out of a cucumber, Cut peppers in half for the carriages, use cucumbers for the wheels and fill carriages with different vegetables.

Apple Boat



Cut an apple into four segments, cut cheese slices into triangles. Stick a pretzel/cocktail stick into an apple quarter and wrap the cheese around it to create a boat.

Fruity Cars



Make a car out of apple slices by piercing two cocktail sticks through each end of the 'body' of the car and cut half a grape/a slice of tomato/a slice of celery for each wheel. You could also use a piece of carrot/cheese or banana for the body of the car.