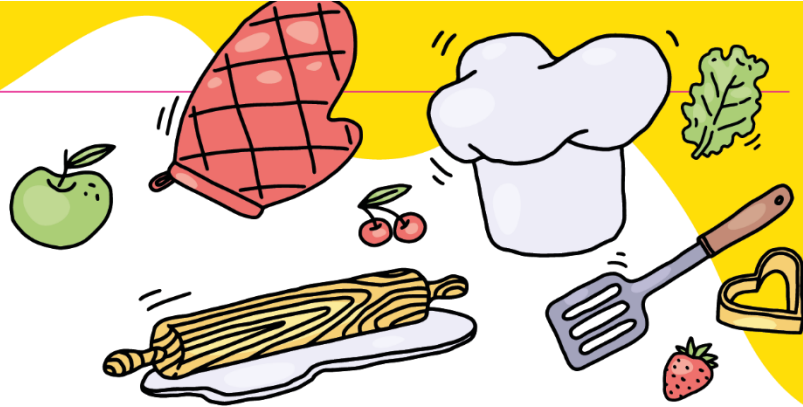
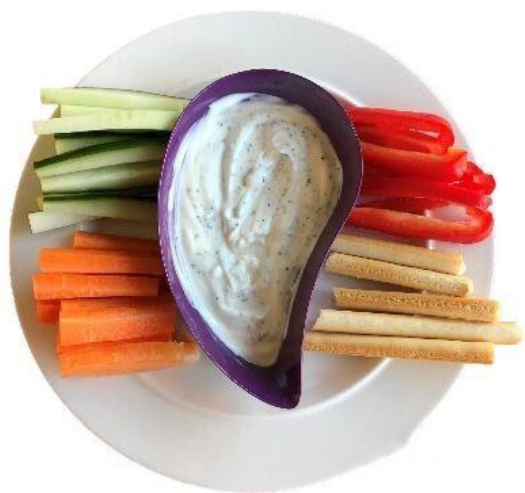




Yoghurt Dip



Ingredients:

- Natural **yoghurt** - 500g
- **Mint sauce** - 2 teaspoons
- **Vinegar** - 2 teaspoons
- Selection of vegetables for dipping e.g. carrot, pepper, **celery** and cucumber

Serves:

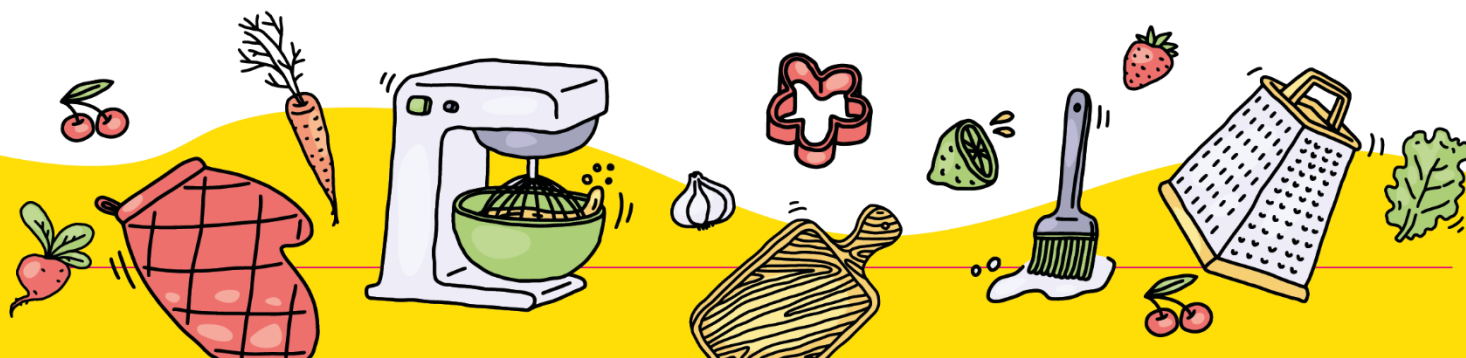
Serve a Micky Me Sized portion

Allergen Information:

Includes **milk**, **barley** and **celery** (if using). May contain **sulphur dioxide** (check the label).

Method:

1. Children to put the yoghurt, mint sauce and vinegar into a bowl and stir together to mix well.
2. Children to top and tail the carrots using the claw or fork secure cutting method. Peel the carrot. An easy way to do this is to hold the carrot in one hand and peel from the centre, away from the body. Adult to demonstrate and children to practice. Adult to help cut the carrot into batons.
3. Adult to cut the pepper in half and remove the stalk. Children to scoop out the seeds and cut or snip the pepper into sticks.
4. Children to wash the celery sticks to remove any dirt (a small bowl of water could be used). Children to top and tail the celery. Adult to cut into smaller manageable pieces to allow the children to practice cutting into batons.
5. Adult to cut the whole cucumber into smaller manageable sections to allow children to practice their cutting skills. Children to cut into batons.
6. Adult to arrange the vegetable sticks on a serving plate alongside the yoghurt dip. Children to take it in turns to help themselves to a selection of vegetable sticks and a spoonful of dip.



Here are a range of skills you can develop with some of the ingredients used in this recipe:



Basic:

Spooning ingredients into bowls and stirring them. Washing the celery.

Intermediate:

Weighing the yoghurt, mint sauce and vinegar.

Advanced:

Peeling the carrots and cutting the vegetables with a knife.



- This activity lends itself nicely to introducing Fay 5 a Day who wants us to eat at least 5 portions of fruit and vegetables each day. A portion of fruit and vegetables is what fits in the palm of our hand.
- Can the children name all the vegetables used in the recipe.
- Get the children to look at the colours of the different vegetables. Explain to the children that Fay 5 a day wants us to eat a rainbow of colours of fruit and vegetables as they give us different vitamins and minerals to help keep us healthy.

2 Snacks Max



Top Tips:

- Offer a range of different vegetables for the children to prepare and taste.

- This dip would be lovely to serve at morning or afternoon snack time. Max would be happy with this healthy, nutritious and delicious snack. What other vegetables could you try?

