

# Cucumber & Carrot Trees

## You will need -

Chopping Board  
Knife  
Potato Peeler  
Toothpicks / Skewers  
Small Star Shape Cutter

## Ingredients –

*(These are suggestions, you can use other similar ingredients, remember to try and be as colourful as possible, and stick to your portion sizes)*

Cucumber                                      Carrot  
Low Fat Cheese

Remember your personal portion sizes for each of the different food groups when choosing and adding your ingredients.

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## Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands



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## Method -

1. Use your potato peeler to peel thin lengths of the cucumber
2. On a chopping board using your claw grip chop your carrot into thick discs
3. On a chopping board cut a slice of cheese using your claw grip
4. Place the slice flat onto the board and use your star shape cutter to press out as many stars as you need for each of your trees or you could use a knife to cut out a star shape
5. Place one of your carrot discs flat on your board
6. Push your toothpick or skewers into the centre, make sure it is secure
7. Take one end of your cucumber strips and bend it over on itself, getting smaller as you go to form your tree shape
8. Push this onto your toothpick / skewer
9. To finish push your cheese star onto the top
10. Place in the fridge until ready to eat

## Notes -

You could add the cheese to the base and the carrot to the top to mix your colours

Eat within 48hrs



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[www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme](http://www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme)