

DESIGN & TECHNOLOGY / FOOD · K-Y2

No-Cook Recipes for KS1

Five simple recipes — Reception to Year 2

Recipe 1: Rainbow Fruit Skewers

You need: strawberries, blueberries, grapes, banana, kiwi, small wooden skewers

1. Wash all the fruit under cold water.
2. Peel the banana and kiwi with an adult's help. Slice into chunks.
3. Thread one piece of each fruit onto the skewer — try to use different colours in order.
4. Make a rainbow pattern: red (strawberry) → orange (clementine) → yellow (banana) → green (kiwi) → blue (blueberry) → purple (grape).
5. Serve on a plate. Can you name the colours in order?

Talk about: where does each fruit grow? What does it feel like? Smell like?

Recipe 2: Banana Smoothie

You need: 1 ripe banana, 200ml milk or oat milk, 1 tbsp yogurt (optional), a blender, cup

1. Peel the banana and break into chunks.
2. Put the banana chunks in the blender.
3. Pour in the milk.
4. Add yogurt if using.
5. Blend until smooth — an adult operates the blender.
6. Pour into a cup and taste.

Talk about: what happens to the banana when it's blended? Would it work with a frozen banana?

Recipe 3: Hummus and Pitta Dippers



You need: 1 tin of chickpeas, 2 tbsp lemon juice, 1 tbsp olive oil, pinch of salt, pitta bread, vegetables to dip

NOTE: check for chickpea/sesame allergies before this activity

1. Drain the chickpeas in a sieve and rinse with cold water.
2. Put chickpeas, lemon juice, olive oil, and salt into a blender.
3. Blend until smooth — an adult operates the blender.
4. Add a little water if it's too thick.
5. Taste and adjust lemon or salt.
6. Cut pitta bread into strips. Serve with hummus for dipping.
7. Try dipping: carrot sticks, cucumber, pepper slices.

