



World Cup fruity layers



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Equipment

- 1 chopping board
- 1 fork
- 1 plate
- 1 teaspoon
- 1 small bowl
- 1 measuring jug
- 1 table knife – not shown
- 1 vegetable knife
- See-through beakers or glasses





England fruity layers

Ingredients

50g raspberries – fresh
or canned
100ml plain low fat yogurt
Decorations:
team flags

Makes approx 150ml for 2
people

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Making the England flag



1. Put the raspberries on a plate.



2. Use a fork to mash the raspberries until they form a pulp.



Next steps



3. Spoon half the yogurt into the bottom of the glass.



4. Spoon the raspberry puree on top of the yogurt.

5. Put the rest of the yogurt on the top.



6. Decorate with a fruit slice and an England flag.





Italian fruity layers

Ingredients

1 kiwi fruit
50g raspberries
75ml plain low fat yogurt
Decorations:
team flags

Makes approx 175ml for 2
people

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Making the Italian flag



1. Cut the kiwi in half and scoop out the fruit with a teaspoon.



2. Put the raspberries on a plate and mash with a fork to form a pulp.





Next steps



3. Spoon the kiwi fruit into the glass.



4. Spoon the yogurt over the kiwi.



5. Spoon the raspberries onto the top.



6. Decorate with a fruit slice and a flag.



Some finished fruity layers



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