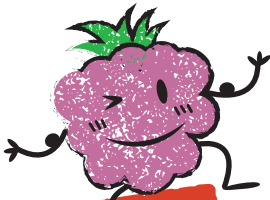
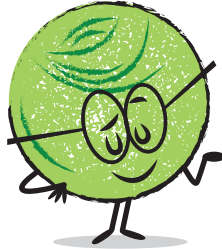




Holiday Inn



FOOD



ART



with
leesamantha

Kids stay & eat
FREE

Holiday Inn is on a mission to make food both fun and nutritious so we created these how-to guides to encourage parents and kids to be creative with food. Your kids can also enjoy our delicious new Kids Menu at Holiday Inn Hotels & Resorts around Asia, Middle East and Africa, designed in partnership with Nutrition Australia, so you can rest assured that your kids are eating well when you stay with us.

CRAWLY CATERPILLAR

(APPLE CRUMBLE)



Difficulty level:
Sweet and easy

INGREDIENTS

The body, legs & antenna of caterpillar

- Green apples, peeled and sliced. These can be raw or cooked, depending on your child's preference.

Caterpillar's face

- Apple Crumble (made of green apples, water, wholemeal flour, traditional oats, brown sugar, margarine, cinnamon powder and shredded coconut)

Facial features and the ground for caterpillar to stand on

- Low fat berry yoghurt

STEP 1



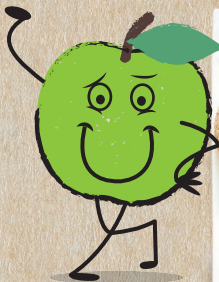
Arrange your baked apple crumble on plate - this is your hungry caterpillar's head. Use drops of yoghurt to create a path along the bottom of the plate for your caterpillar to crawl upon.

STEP 2



Draw your caterpillar's eyes and big smiley mouth, using the yoghurt again. Two small slices of green apple finish off your caterpillar's head – these are his antenna!

STEP 3



Is your caterpillar long, or short? Arrange as many round, thinly sliced pieces of cooked apple as you like side-by-side along the plate to create his body.

Now for his legs! Place two short, thin slices of green apple under each section of his body.

Original Recipes Created in
Partnership with Nutrition Australia.
www.nutritionaustralia.org.

Kids should be fully supervised by an adult at all times in the kitchen and should never handle anything hot or use any sharp instruments.

Find more exciting dishes on our Kids Eat Free menu at all Holiday Inn® Hotels and Resorts: www.holidayinn.com