



Family Literacy Week
January 25 – February 1, 2026

Make mealtime family learning time

Preschoolers

Making patterns together

Fruit skewers

Making fruit skewers is a fun and healthy activity that helps children learn important skills. As they thread fruit onto sticks, they practice recognizing patterns, following steps, and building hand muscles. These skills support their coordination and lay the groundwork for writing and reading.

What you need:

- skewers (always supervise children with pointy objects)
- fruits cut into slices or cubes, such as bananas, oranges, grapes, etc.
- vegetables such as cucumbers, tomatoes, broccoli, etc.

What you do:

1. Get a few different fruits or vegetables and some skewers.
2. Place everything on the table where your child can reach.
3. Invite your child to thread the food pieces on the skewer.
4. Show a simple pattern (like banana-grape or banana-grape-orange) and invite them to copy or make their own.
Try asking: “Can you make a skewer with three colours?”
“Can you match my skewer?”
“Which fruit or vegetable comes next?”
5. Talk about patterns using colour, size or fruit names.
6. Enjoy eating the skewers. Remind your child to bite from the side to stay safe.

“What a child can do in cooperation today, he can do alone tomorrow.”

– Lev Vygotsky



Extend this activity by inviting your child to plan your next skewer meal:

You can start by asking your child to make a shopping list together. They can draw the foods, copy words or tell you what to write. They get to practice speaking, listening, reading and writing in a fun real-life way.

Try making dinner skewers with foods like chicken, bell peppers and cauliflower. Or a dessert skewer with marshmallows and fruits dipped into chocolate.

There are lots of fun and tasty options to explore together.