

Rainbow in the Clouds

Ingredients: (serves 10-12)

- Strawberries, 2 cups (480 ml)
- Cantaloupe, half melon
- Bananas, 4 large
- Kiwi, 4 medium
- Blueberries, 1 cup (237 ml)
- Purple grapes (20 grapes)
- Whipped topping, 8 oz (227 ml)

Set Up:

Cover the cardboard with foil to make a rainbow shaped tray. Use the back of a knife to divide the rainbow into six marked sections. Wash and dry the fruit, removing seeds, stems and peels. (Peel the bananas immediately before use.) Place each fruit in a separate bowl.

Activity Instructions:

1. Assist kids with hand washing. We want our hands to be germ-free for cooking!
2. Show kids the foil-covered tray. What does the shape of this tray remind you of? (a rainbow) God put a rainbow in the sky to remember his promise. We're going to make a rainbow fruit salad to remember the story of Noah's Ark!
3. Provide a cutting mat and plastic knife to each kid. Show kids the bowls of fruit. Each of these fruits needs to be cut up for our salad. Each of these fruits reminds me of part of the story!
4. Give each kid some strawberries. What color are these strawberries? (red) Red reminds me of red ladybugs and cardinals that went into the ark. Help kids cut their strawberries in half and place them in a section on the tray.
5. Give each kid a melon wedge. What color is this melon? (orange) Orange reminds me of the wood Noah used to build the ark. What does it remind you of? Allow kids to respond as they cut the melon into pieces and place it on the tray.
6. Hand each kid a chunk of banana. What is this fruit? (banana) Bananas are yellow. They remind me of monkey food! How much food do you think Noah took on the ark to feed the animals? Allow kids to answer as they cut and place bananas on the tray.

7. Give each kid a chunk of kiwi. What color is this kiwi? (green) Green reminds me of the vegetable plants Noah took on the ark to feed his family. It also reminds me of frogs! Help kids cut and place the kiwi on the tray.
8. Hold up one blueberry. Blueberries are already small. What color are blueberries? (blue) Blue reminds me of the rain and the water that flooded the earth while Noah was safe in the ark. What does blue remind you of? Allow kids to answer as you spoon the berries onto the tray.
9. Give each kid a couple of grapes. What color are these grapes? (purple) Purple reminds me of beautiful flowers that began to grow after the flood was gone! Direct kids to cut their grapes in half and add them to the tray.
10. What did we make by putting all of our fruits together? (a rainbow) Rainbows remind me of God's promise never to flood the whole earth again. God remembers his promises!
11. Help kids wipe their hands before eating.
12. Invite kids to put a spoon of whipped topping into a bowl and top it with some fruit salad. We're eating a rainbow! Talk about God's promises as you eat.