



Hair-raising happenings

In October, things start to take an eerie turn. Add a supernatural twist to your breakfast club with our craft activities and tasty recipe suggestions which will help the children get closer to reaching their 5-a-day. You can also check out our banana facts to find out all about this multi-faceted fruit.

Ghoulish gastronomy and creepy crafts



We've got a selection of treats to **get the children's day off to a spooky start**, as well as a ghostly activity to **give your club a mysterious makeover**. Have a go at making these together – you can get as creative as you like with the decoration.

Boo-nana

AKA a **frozen banana ghost** – try out this simple-to-make snack at your club for a fun start to the day. All you need is one **half banana per child**, **a few pots of yoghurt** (Greek, natural, vanilla – it's your choice), **a handful of currants** and some blunt **wooden skewers**.

Step 1: Cut the banana in half **Step 2:** Push the skewer through the half banana

Step 3: Spread the yoghurt over the banana **Step 4:** Add two currants as ghostly eyes

Step 5: Freeze until firm **Step 6:** Enjoy!



Snack-O-Lantern Fruit Salad

Another scrumptious snack that helps to tick one of those 5-a-day boxes. You'll need **one orange per child** and it might be best to **pre-prepare these by chopping off the tops** (keep this handy), scooping out the insides and drying them with a paper towel. Then it's time for **pumpkin-style carving**, cutting two small eyes and a mouth into the oranges (make sure not to make these too big as you don't want the filling to slip out) – you might think it's best to handle this side of things yourself too or make sure the children are fully supervised as they create the scary smiles. **Prepare a salad of the children's favourite fruits and pile this into the oranges**. All you need to do is put the lid back on and you're good to go!



Ghostly paper chains

Children can adorn the walls with ghosts using our simple template – all they need are scissors, paper and pens. They can draw around our template to create their very own paper chains and then customise them for that extra fright-factor. Why not offer a prize for the scariest ghost? (*see additional page for template*)

Did you know?

- Although typically known for their bright yellow colour, **bananas can also be green, red or purple**
 - Bananas are **a good source of potassium**, which contributes to **normal functioning of the nervous system and muscle**
 - They're not just for eating, **banana plant stems can also be used to create fibre for textiles** – who knew?
 - The fruit is a **source of vitamin B6**, which helps release energy from food
- It's time to go bananas for bananas!**