



Healthy with **KIDSTART** presents



What's FOR LUNCH?

Brought to you by **PRUDENTIAL** 

Learn how to make
Korean Fruit Punch

Here's how:

1. Follow this recipe card
2. Watch the cooking demo
3. Make the dish using the ingredients required



Scan to watch the step-by-step cooking demo!

Look for:
What's for Lunch?
Season 2 Episode 3



Host
Huda Ali

'Sous Chef'
Luke Qalish

Chef
Aaron Wong



Worried about having your child in the kitchen? Don't be!

Tip 1

Children as young as 18 months can be involved! Start including your child in the cooking process with simple tasks like pouring, stirring, and measuring ingredients, from as young as 18 months! This will help them build confidence in the kitchen and support their brain development.

Tip 2

Let fun be the goal of food prep with your child! The reality of cooking with young children often is challenging. But don't give up and be patient with your child. The experience does not have to be perfect and can be very rewarding! Thank your child for helping out in the kitchen and let them know you appreciate the time spent together making new memories as a family.

Serves 4

Ingredients

250ml sugar-free sparkling water
2 tbsp honey
½ cup cubed watermelon
½ cup cubed cantaloupe
½ cup blueberries
Yakult OR Milk
(any amount to your liking)
Ice cubes (any amount to your liking)

Equipment

Melon baller, or teaspoon

Method

1. Using the melon baller, or teaspoon, scoop out the flesh of the watermelon and cantaloupe and place them together with the blueberries or other fruit of choice in individual serving bowls.
2. Mix the milk/Yakult and honey in another bowl and add sparkling water (best to prepare mixture right before for it to remain gassy).
3. Add ice cubes to the mixture.
4. To serve, ladle the punch mixture over the individual serving bowls filled with fruits.
5. Serve immediately (leftover punch can be stored in the refrigerator for up to 24 hours).



Tips:

This recipe is suitable for children above 3. For children who are younger: use just milk and a spoonful of honey (if they are older than 1 year old) and cut the fruits into bigger shapes to prevent choking.

Babies under 1 years old should not eat honey in any form (on its own or in baked products like cakes), as infants cannot digest the bacteria found in honey and eating honey can cause infant botulism.

Guide your child to scoop the watermelon/cantaloupe in the shape of a ball with melon baller, or teaspoon.

Allow your child to choose the fruits that are in the dish, tap into their creativity and preferences of the moment!