Turkey Veggie Platter for kids

Snacks · ages 5 to 10 (grades K–4th) · about 20 minutes · serves 6

Let's make a turkey out of vegetables, with a dip for its body and a rainbow of feathers! Steps marked Grown-up step are for a grown-up to do.

Ingredients

- 2 carrots
- 4 sticks of celery
- 1 red pepper
- 1 cucumber
- 3 cherry tomatoes
- 2 olive slices
- 1 cup yogurt (or oat yogurt)
- 1 teaspoon dried dill
- a pinch salt

Tools

A cutting board, A sharp knife (grown-up), A mixing bowl, A big spoon, A plate.

Steps

1. Wash your hands with soap for twenty seconds.
2. Rinse the vegetables under cold water and pat them dry.
3. Grown-up step: A grown-up cuts 2 carrots, 4 sticks of celery and 1 red pepper into sticks, and 1 cucumber into slices.
4. Stir 1 cup of yogurt, 1 teaspoon of dried dill and a pinch of salt together in a small bowl.
5. Put the dip bowl in the middle of a big plate: that's the turkey's body!
6. Fan carrot and celery sticks out behind the bowl for tail feathers.
7. Tuck in the pepper strips and cucumber slices. Look at all those colours!
8. Set a cherry tomato in front for a head, with two olive slices for eyes.
9. Gobble gobble! Dip a veggie and crunch.

Safety notes

- Sharp! A grown-up does this part.
- Contains milk. Swap an ingredient for an allergy where the recipe lists a swap.
- Raw carrot is hard and round-ish for little ones under 4: grate it or cook it soft.
- Raw celery is hard to chew for little ones under 4: cut it thin.
- Round, slippery foods are a choking risk for little ones under 4: cut them in quarters.

Kitchen science

Vegetables get their colours from different natural pigments, so a platter with red, orange and green is also a platter of different plants.

Make it your own

- Add broccoli florets for green feathers.
- Make the dip with hummus instead of yogurt.
- Add a cheese-cube pilgrim hat for the turkey.

Questions about turkey veggie platter

What vegetables go on a turkey veggie platter? Carrot sticks, celery sticks, red pepper strips, cucumber slices and cherry tomatoes make a bright set of feathers. Broccoli and snap peas are good extras.

What dip works best? Any thick, cold dip. This recipe uses a salted yogurt and dill dip, which a child can stir in a minute. Hummus and a ranch-style dip also work.

Can I make it ahead of Thanksgiving dinner? Cut the vegetables the day before and keep them in the fridge in a covered container with a damp paper towel. Build the turkey just before the meal.

Are raw vegetables safe for little ones? Raw carrot, celery and whole cherry tomatoes can be a choking risk for children under 4. Offer them thin, small or cooked soft, and cut cherry tomatoes in quarters.

Free at peabody.kids/kitchen/turkey-veggie-platter