

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 6

Make yourself a healthy snack

Did you know you should aim to eat at least 5 pieces of fruit and vegetables every day!

Eating well fuels your body for exercise and everyday activities!

Your challenge today is to make a healthy snack—like fruit kebabs, smoothies, or apple racing cars.



Adaptations:

Upper Limb Difference:

Use adaptive kitchen tools to slice and prepare fruit or snacks or ask an adult for help. If using one hand, try one-handed cutting boards or peelers.

Lower Limb Difference:

Complete the task seated or

with assistance if needed.

Ensure the workspace is accessible from a seated position.

Eating healthy is key to feeling strong and energetic, so have fun making your tasty snack!

If you can't complete these activities, contact us for adaptations.

www.limbpower.com