

Making Fruit Salad

A resource for tutors/teachers to support the Home or School Based Summer Programme

Example learning objectives:

Fruit Salad is a fun way to eat more fruit. You don't have to use the fruit listed below, use whatever you have in the house and make sure to use what you like to eat!

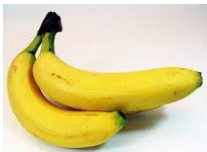




You will have to rinse, peel, chop, break and squeeze in this recipe. Key skills include:

- **Oral language** – listening to and following instructions
- **Literacy**- Reading and following instructions.
- **Social development** – working in conjunction with a partner or a group to complete a cooking task.
- **Supporting organisational skills** – Allowing the pupils to follow the instructions and gather the necessary items with or without prompting will encourage pupils to become more structured, organised and self-reliant.









Materials you will need:

Mixing Bowl	Big Spoon	Chopping Board	Knife
			

Fruit:

Bananas	Strawberries	Kiwis	Mandarins	Lemon
				

Can you think of any other fruits you could put in your fruit salad? Could you find pictures of them online or even buy them in the supermarket!

What to do:	
1. Rinse your strawberries in cold water and let them dry off.	
2. Peel the bananas, mandarins and kiwis.	
3. Use your knife to chop the banana and the kiwi into circles.	
4. Break the mandarins into segments.	
5. Using the knife chop the strawberries in half.	
6. Put all the fruit into the large mixing bowl.	
7. Squeeze the juice of half a lemon over the fruit – this will stop it going brown.	
8. Using the spoon, mix the fruit together gently.	
9. Eat some straight away or store it in the fridge for later!	