

Fabulous fruit salad session plan

Overview

The aim of this session is to help children understand that there are many different types of fruit and eating fruit can help to keep us healthy. The main activity, *Have a go*, involves the children tasting different fruit and learning how to make a fruit salad by peeling, cutting with a knife and combining ingredients.

Learning

The aim of this session is for children:

- name different types of fruit;
- explain that eating fruit can help to keep us healthy;
- perform simple food skills safely with a focus on peeling by hand, cutting with a knife and mixing ingredients.

You will need:

- **Fabulous fruit salad recipe** and ingredients and equipment listed on the recipe
- **Setting up a cooking session guide**
- **Get ready to cook cards**
- **Tasting guide**
- **Fruit cards** – cut out and laminated
- **Fabulous fruit salad take home letter**
- 4-6 different fruit for tasting. If possible, try to offer a range of fruit the children are less familiar with and include samples that are both grown in the UK and in hotter climates. Take a look at the **Fruit cards** for ideas. Have two of each fruit available so you can cut one into samples for tasting and the second can be shown as a whole fruit.

Before session preparation

Prepare the ingredients and equipment for the Fabulous fruit salad in advance. What you will need is listed on the **Fabulous fruit salad recipe**. In addition, prepare your 4-6 fruit samples for tasting. Arrange to have a knife and chopping board available to halve each fruit in front of the children when you are talking about these in the *Listen and respond* part of the session. Use the **Setting up a cooking session guide** to support your preparation.

Listen and respond

Explain to the children that they will be learning more about fruit. Go around the group to see how many different types of fruit the children can name. Ask the children what their favourite fruit is and why. Question the children:

- What fruit have you eaten today?
- Do you think it is good to eat fruit?
- Why? (To help to keep us healthy.)

Explain that we need to eat plenty of fruit and vegetables every day to stay healthy. We should have at least five different types every day.

Take each of the whole fruit (one at a time) and ask the children if they can name the fruit and if they know what it looks like inside. Ask them to describe how they think it looks. Halve each fruit to reveal the insides and ask the children to describe what they can see. Let the children taste the samples of each fruit that you prepared earlier. Encourage them to use their senses to describe the fruit. Refer to the **Tasting guide** for further information about tasting.

Explain that we can grow some fruit in the UK but some fruit will only grow in other countries. Ask the children if they know why. Explain that some fruit can only grow in hot countries where there is plenty of sun. Give examples of this type of fruit, e.g. banana, pineapple, mango, star fruit.

Have a go

Organise the children into groups of four. Each group can take turns to work with an adult to make a fruit salad. Make sure the children are ready to cook by using the **Get ready to cook cards** and talking through each getting ready to cook step. Help the children make their fruit salads. Show the children how to prepare each fruit according to the recipe. Instruct them on how to safely use the table knife to slice the banana and strawberry. Emphasis that they need to keep their fingers away from the blade (they could hold the fruit with a fork). Show them which side of the knife is sharp and should be used to cut. Get the children to work in pairs when they are cutting so they can check that each other are working safely.

Consolidate

Show a selection of the **Fruit cards**, one at a time, and ask the children to name each fruit. Display the selection of cards and challenge the children to name different fruit in answer to your questions:

- Which fruit is yellow?
- Which fruit is round?
- Which fruit is big?
- Which fruit is small?
- Which fruit has lots of little seeds?

At home

Make a copy of the **Fabulous fruit salad take home letter** for each of the children. Explain to the children what the letter says.