

Session 7

Fabulous fruit salad

Session overview:

The aim of this session is to help children understand that there are many different types of fruit. The main activity, 'Have a go', involves the children tasting some unusual fruits and learning how to make a fruit salad by peeling, cutting with a knife and combining ingredients.



Healthy eating messages	Cooking focus
Eat fruit everyday.	Peel.
Eat different types of fruit.	Cut with a knife.
	Mix ingredients.

Listen and respond

Prepare the ingredients and equipment in advance. What you will need is listed on the Fabulous fruit salad recipe. Bring in an additional selection of fruit for children to name and include some with interesting insides which can be shown, e.g. Satsuma, melon, kiwi fruit, maybe even star fruit or dragon fruit. Also include some which can be grown in the UK, e.g. apples, plums and pears. You may wish to only use fruit that is in season. Prepare some samples of these fruits before the session so the children can taste them.

Explain that they will be doing some work on fruit. Go round the group to see how many different types of fruit the children can name. Ask the children what their favourite fruit is and why.

Show a selection of fruit and see if the children can name each one. Without the children seeing, place a fruit into a bag. Pass the bag to a child and see if they can guess the fruit by feeling it. Repeat this several times allowing different children to have a go.

Taking one fruit at a time, ask the children if they can describe what it looks like inside. Halve some of the fruits to reveal the insides and ask the children to describe what they can see. Let the children taste samples of the fruits and encourage them to use their senses to describe them. Follow tasting guidance in the leader's guide.

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.

Explain that fruit helps us to stay well and that we should eat different types of fruit, as well as other foods, everyday. Ask them if they have had any fruit so far today.

Have a go

Organise the children into groups of 4. Each group can take turns to work with an adult to make a fruit salad. Ensure children are ready to cook and then help them make their own fruit salads. Show them how to peel the bananas and satsumas. Show them how to slice the bananas and strawberries with a table knife, keeping their fingers away from the blade (they could hold the fruit with a fork). Show them which side is sharp and should be used to cut. Depending on the age of the children, you may wish to cut the grapes in half. Get the children to work in pairs when they are cutting so they can check that each other are working safely.

Consolidate

Before this session, you will need to place a selection of fruits in a bag so they are not visible. You could use fruits which you discussed during the 'Listen and respond' part of the session. If you prefer, you can use the 'Fruit photograph cards' instead of real fruit. You may also wish to use some of the 'Fruit and vegetable snack cards' from session 3. Cut them out and laminate the cards before the session. You will also need a shoe box with a lid. Ask one of the children to go to a hiding place and put one of the fruits from the bag into the shoe box and cover it with the lid. The child should then return to the group. Each person can ask a question about the fruit to try and work out what it is. Do not allow any guesses to be made until each person has had a go at asking a question. Give the children some examples of the questions they can ask, e.g. Is it hairy? Does it taste sweet? After each question has been asked, summarise what you all know about the fruit. Repeat this until all the children have had a go at putting a fruit in the shoe box. You may like to play the game again. It could also be played using vegetables.

At home

Make a copy of the 'At home' sheet for each of the children. Explain to the children what the letter says.

Pre 3

- Read stories which include fruit, e.g. Handa's surprise. Encourage the children to point and name different fruit they can see in the book.
- Prepare a selection of fruit and then allow the children to choose what they would like to combine to make their fruit salad.

Fabulous fruit salad



Ingredients

2 satsumas
4 strawberries
8 seedless red grapes
8 seedless white grapes
2 bananas
2 x 15ml spoons orange juice

Equipment

Chopping board, table knife, large bowl, a 15ml spoon and 4 serving bowls.

Method

1. Peel the satsumas and separate into segments.
2. Pull the stalks from the strawberries and slice them.
3. Pull the grapes off the stalks.
4. Peel the bananas and cut into slices.
5. Place all the fruit in the bowl and add orange juice.
6. Mix all the ingredients together.

Handy hints

- Try using different types of fruit such as peeled and sliced kiwi fruit, chunks of fresh mango or canned pineapple.
- Instead of orange juice try another juice such as apple.
- You could serve your fruit salad in a hollowed out fruit such as melon to make it look attractive.

Serves 4-6

Fruit photograph cards



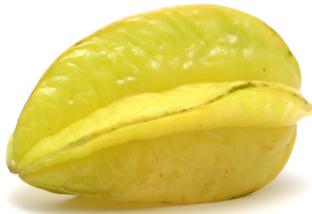
Apple



Watermelon



Kiwi fruit



Star fruit



Dragon fruit



Pear



Gooseberries



Blackberries



Mango



Canned pineapple



Cherries



Figs

At home

Dear parent/carer

We have been learning about fruit. We have looked at lots of different fruits, tasted some and made a fruit salad.



Why not try a new fruit with your child each week? Have a look around a shop, market or supermarket for a fruit you haven't tried before. Find out how it is prepared and try it with your child. Remember, your child will be watching how you behave with new foods so keep the experience positive.

Here are some ideas of fruits you could try if you haven't tasted them before:

- Damson
- Pear
- Gooseberry
- Blackberry
- Mango
- Pomegranate
- Star fruit
- Sharon fruit
- Chinese pear
- Watermelon
- Blood orange
- Dragon fruit
- Kumquat
- Fig

