

'Fruit Salad' Activity

123+456

What you need:

- Selection of fresh fruit
- Chopping boards
- Child-safe knives
- Bowls

Health & Safety

Elements of this activity may be adult-only tasks. Ensure that risk assessments and allergy awareness are in place.

What to do:

1. Discuss the selection of fruit with the children.
2. Explain that some of the fruit is going to be cut into pieces and used to make a fruit salad for everyone to enjoy.
3. Identify how many people are going to eat the fruit salad.
4. Ask the children to decide which fruit will be used. They may wish to gather information about the likes and dislikes of the group.
5. 'How many of each fruit will we need to use?'
6. Discuss the way that each fruit will be cut and prepared, and explore how many pieces or portions each fruit will provide. You may wish to demonstrate this with each type of fruit.
7. Discuss and compare the number of pieces that each fruit will provide with the number of children eating the fruit salad.
8. Support the children to prepare and portion the fruit salad for the group.

What's in it for the children?

Making a fruit salad provides an everyday context to explore sharing whole fruits by cutting into pieces, to combine the pieces to create a whole (fruit salad), and then to share once more as the whole fruit salad is divided between the group.

Taking it forward

- Offer writing materials as the children may wish to create signs or menus showing different fruits and the number of portions available.
- Ask the children to reflect together on whether the activity was a success: did they have enough to go around; what would they do differently next time?
- Try this with other food contexts: pancakes, vegetables and dips.

