Recipe for a Healthy Fruit Salad

You will need:

- one juicy, red apple
- three plump strawberries
- a handful of grapes
- one ripe banana
- any other fruit that you enjoy eating
- one cup of fresh, sweet orange juice
- a large, plastic bowl
- a sharp knife for an adult to use
- a spoon

What to do:

1) Before you start, make sure that you wash your hands.
2) With help from a grown-up, cut up your fruit into small pieces.
3) Put the little chunks of fruit into a bowl.
4) Pour the orange juice over the fruit until it is all covered.
5) Mix the fruit salad and enjoy!
Quick Questions

1. Number these instructions from 1 to 3 to show the order they must happen in.
   - Wash your hands.
   - Eat the fruit salad.
   - Put the fruit into a bowl.

2. Which two adjectives has the author used to describe the orange juice?
   __________________    __________________

3. Why does the author say to cut up the fruit ‘with help from a grown-up’?
   ______________________________________
   ______________________________________

4. How many strawberries do you need for the recipe?
   _______________________________________
Recipe for a Healthy Fruit Salad

You will need:

- one juicy, red apple
- three plump strawberries
- a handful of grapes
- one ripe banana
- any other fruit that you enjoy eating
- one cup of fresh, sweet orange juice
- a large, plastic bowl
- a sharp knife for an adult to use
- a spoon

What to do:

1) Before you start, make sure that you wash your hands.

2) With help from a grown-up, cut up your fruit into small pieces.

3) Put the little chunks of fruit into a bowl.

4) Pour the orange juice over the fruit until it is all covered.

5) Mix the fruit salad and enjoy!
Answers

1. Number these instructions from 1 to 3 to show the order they must happen in.
   1. Wash your hands.
   2. Put the fruit into a bowl.
   3. Eat the fruit salad.

2. Which two adjectives has the author used to describe the orange juice?
   fresh and sweet

3. Why does the author say to cut up the fruit ‘with help from a grown-up’?
   Accept any sensible justification linked to the fact that using a knife is dangerous, e.g. You need an adult’s help when using a knife to make sure that you do not get hurt.

4. How many strawberries do you need for the recipe? three