



# Healthy fruit salad (Cooking and nutrition)

We are learning to safely cut fruit to make a healthy fruit salad.

Fruit and vegetables are healthy. You need 5 fruit or vegetables a day for a healthy diet.



**What have we already learnt?**  
The children in the EYFS learnt about foods that are healthy and foods that you can have as a treat. They talked a healthy diet on the Life Bus.

Use a 'bridge' method to cut food safely.

Some vegetables grow underground and some above the ground.  
Fruits grow on plants or trees.



Wash or peel fruit before eating.

Wash hands before cooking.



Vocabulary	Definition
Cut	To use something sharp and remove a part
Peel	To remove the skin of fruit or vegetables.
Slice	To cut a thin piece of a fruit or vegetable using a
Tools	Something you hold in your hand to and use to make something , for example needle, thread, stapler, glue stick.
Safety	To join two pieces of materials using a needle and thread.
Design	To make a detailed drawing or plan to show how something will be made.
Make	To create something you have designed.
Evaluative	To think about your puppet and what worked well and how you could make it better.
Healthy	Something you eat that is good for you and your
Hygiene	To keep things clean when you cooking.