Fruit Salad

Ingredients

Watermelon

Honeydew melon

Grapes – assortment of colours

Banana

Apple

Strawberries

Satsuma

Pineapple

Any other fruit you like

Utensils

Chopping board

Knife

Bowl

Method

(If we peel fruit we don't need to wash it, if we don't peel it, then we must wash it.)

Ask an adult to cut the melon into smiles and remove the rind.

We use two methods to cut the fruit up: the claw and the bridging method.

The 'CLAW' cutting technique

Shape the fingers of one hand into a claw shape, tucking the thumb inside the fingers. Rest the claw on the item to be sliced. Holding the paring knife in the other hand slice the item, moving the 'clawed' fingers away as the cutting progresses.

The 'BRIDGING' method

The fingers should be on one side and the thumb should be on the other. Hold the food to be cut between the fingers and thumb creating a bridge. The knife should go through the bridge to cut the food. This method ensures that fingers are out of the way as the knife cuts through the food.