

Recipe for a Healthy Fruit Salad

You will need:

- 3 • one juicy, red apple
- 7 • three plump strawberries
- 10 • a handful of grapes
- 14 • one ripe banana
- 17 • any other fruit that you enjoy eating
- 24 • one cup of fresh, sweet orange juice
- 31 • a large, plastic bowl
- 35 • a sharp knife for an adult to use
- 43 • a spoon

What to do:

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

- 68 2) With help from a grown-up, cut up your fruit
- 71 into small pieces.
- 80 3) Put the little chunks of fruit into a bowl.
- 90 4) Pour the orange juice over the fruit until it is
- 92 all covered.
- 98 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:

- 3 • one juicy, red apple
- 7 • three plump strawberries
- 10 • a handful of grapes
- 14 • one ripe banana
- 17 • any other fruit that you enjoy eating
- 24 • one cup of fresh, sweet orange juice
- 31 • a large, plastic bowl
- 35 • a sharp knife for an adult to use
- 43 • a spoon

What to do:

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

- 68 2) With help from a grown-up, cut up your fruit
- 71 into small pieces.
- 80 3) Put the little chunks of fruit into a bowl.
- 90 4) Pour the orange juice over the fruit until it is
- 92 all covered.
- 98 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.
- 3 Eat the fruit salad.
- 2 Put the fruit into a bowl.



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**

