

COEL challenge

In Reception you will have lots of fun learning how to keep healthy.

This challenge is to make a delicious fruit salad.

Why not make a shopping list and draw the items you would like to add to your fruit salad. You could visit your local supermarket with your parents/carers to buy your ingredients. In this fruit salad we are going to use blueberries, strawberries, bananas, clementines and grapes! You could use this recipe or make up your own.



First

Wash all the fruit and put all the blueberries in a large bowl.

Chop the top of the strawberries, cut them in half and add them in the bowl with the blueberries.



Next

Chop the grapes in half; peel the Clementine, break them into segments and add them in the bowl as well.

Don't forget to add the bananas after peeling and chopping them.

Then

You can add a splash of orange or lemon juice to your fruit salad to help the fruit from turning brown.

Your fruit salad is now ready to enjoy!

You can serve your fruit salad as it is, or you can add extras such as cream or natural yoghurt to make it extra tasty and delicious!

