

# EYFS Weekly Challenge

Hello everyone, hope you are all well and safe.

This week I have decided to put together a very simple fruit salad recipe. Fruits are full of nutrients with vitamins and minerals which help us to keep Healthy. It will also allow opportunities to talk about healthy eating, develop good healthy eating habits, social skills including speaking and listening. You can choose any fruit that you would like to use for your fruit salad. I have decided to use blueberries, strawberries, bananas, clementines and grapes.



## 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!

