

What you need to do:

Make a healthy dish showing you can prepare fresh fruits.

Show how to handle kitchen utensils safely, including knives and scissors.

Explain the basics of food hygiene.

How you are going to do it:

Make fruit kebabs

You will need to prepare and cut the fruit safely using sharp knives.

Once you have made your fruit kebabs and have tidied up, you will talk about food hygiene.

Before you start:

Make sure your table is empty

Tie back long hair

Put on an apron

Wash your hands

Collect everything you will need including your tub



Ingredients:

Grapes
Bananas
Strawberries
Melon



Equipment:

Cocktail sticks
Cutting mats
Sharp knives
Cutters
Bowls

What to do:

Ask an adult to rinse the grapes and strawberries in the kitchen

TALK ABOUT BEING SAFE WITH SHARP KNIVES

Bananas - peel and slice
Strawberries - remove tops and slice
Grapes - remove from stalks
Melon - (already sliced) cut into shapes with the cutters

Once all the fruit is prepared, place onto cocktail sticks

Put your fruit kebabs into your tub

Tidy up

Complete the food hygiene activity sheet

