

# 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 into small pieces.
- 71
- 80 3) Put the little chunks of fruit into a bowl.
- 90 4) Pour the orange juice over the fruit until it is all covered.
- 92
- 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?

