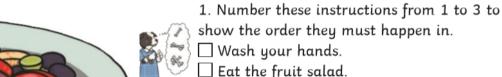
## Recipe for a Healthy Fruit Salad

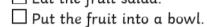
## You will need:

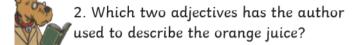
- · one juicy, red apple
- · three plump strawberries
- · a handful of grapes
- · one ripe banana
- · any other fruit that you enjoy eating
- · one cup of fresh, sweet orange juice
- · a large, plastic bowl
- · a sharp knife for an adult to use
- · a spoon
- What to do:
- 1) Before you start, make sure that you wash
- your hands.

- 2) With help from a grown-up, cut up your fruit
- into small pieces.
- 3) Put the little chunks of fruit into a bowl.
- 4) Pour the orange juice over the fruit until it is
- all covered.
- 5) Mix the fruit salad and enjoy!

## **Quick Questions**







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?