

Learning objective.

Today we are learning ... knife skills
so that... we can prepare fruit quickly, safely and efficiently

Making date: _____

Fruit Salad

Recipe

- 1 Apple
- 1 Orange
- 1 Banana
- $\frac{1}{4}$ pint of fruit juice
- + 1 extra fruit of your choice

Container with lid

Equipment

- Chopping board
- Vegetable Knife
- Washing up equipment
- White tray to put ingredients on
- Washing up bowl + squirt of liquid
- Dish cloth & tea towel

Method

Use the bridge and claw knife cutting skills to safely chop your fruit. Eg.

1) Apple- First cut in half using the bridge technique, then quarters.

Remove the core.

Now use the claw technique to slice the apple into bite size pieces.

2) Add fruit to the mixing bowl

3) Measure $\frac{1}{4}$ pint of fruit juice and pour over the fruit.

4) Transfer to a container for taking home

