

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
56 your hands.

68 2) With help from a grown-up, cut up your fruit
71 into small pieces.

80 3) Put the little chunks of fruit into a bowl.

90 4) Pour the orange juice over the fruit until it is
92 all covered.

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.

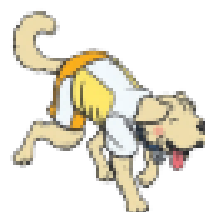
- ☐ Wash your hands.
- ☐ Eat the fruit salad.
- ☐ Put the fruit into a bowl.



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?
