



Can I name some fruits that grow in the UK?
Can I follow a simple recipe?
Can I peel, cut and combine ingredients?





- Look at the fruit you have chosen for your fruit salad.
- Describe what you think it looks like inside.
- Half some of the fruits to reveal the insides.
- Now describe what you can see.
- Taste samples of the fruits and use your senses to describe them.

Name the Fruit

Whole Class

Drawing Fruit

Look carefully at the fruit and then do a detailed drawing of the outside and inside of it.

Outside	Inside
Words to describe the outside	Words to describe the inside

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Design and Technology (DT) Year 4 Lesson 4: Making Fruit Salad | Lesson 4

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Looking at all the fruit you are going to use today decide

Where Fruit Comes From

Grown in the United Kingdom	Grown in Warmer Countries

Some Fruit that is grown in the UK

Apples, Pears, Strawberries, Gooseberries,
Raspberries, Blackcurrants, Cherries
Blackberries, Blueberries, Loganberries,
Plums, Cranberries

Look at your fruit it may have where it is grown on the label!

Fabulous Fruit Salad



Fabulous Fruit Salad

Ingredients
2 satsumas
4 strawberries
8 seedless red grapes
8 seedless white grapes
2 bananas
2 tablespoons orange juice



Equipment
Sieve knife
Chopping board
Large bowl
Tablespoon



Helpful Hint
Try using different types of fruit such as peeled and sliced kiwi fruit, chunks of fresh mango or canned pineapple.

Instead of orange juice try another juice such as apple.

You could serve your fruit salad in a hollowed out fruit such as melon to make it look attractive.



Method

Step 1: Peel the satsuma and separate into segments.

Step 2: Pull the stalks from the strawberries and slice them.

Step 3: Pull the grapes off the stalks and cut them in half.

Step 4: Peel the bananas and cut into slices.

Step 5: Place all the fruit in the bowl and add orange juice.



Food Hygiene Rules



Can you remember what we must do before we prepare food?

Wash hands and remove jewellery and nail varnish



Tie hair back



Roll sleeves up



Put apron on.



Wash surfaces



Safe Preparation Skills: The Claw



Create a claw by partly curling your fingers together into a claw shape.

Press the tips of your fingers (nails) against the food to be gripped.

Then lean your fingers slightly forward of your nails so that you can't see your nails when you look down on your hand.

Safety

This method ensures that finger tips are tucked out of the way of the knife.

Tips

Think about creating a claw, gripping food and tipping the hand; claw, grip, tip, cut.

Use

Use when food needs to be cut into slices or diced.

Safe Preparation Skills: The Bridge



Create a bridge over the food with your hand.

The fingers should be on one side and the thumb should be on the other.

Hold the food to be cut between the fingers and thumb creating a bridge.

The knife should go through the bridge to cut the food.

Safety

This method ensures that fingers are out of the way of the knife.


Tips

Think of the knife as a train which goes under the bridge and through the tunnel.

Use

For cutting circular items into halves and quarters, e.g. tomatoes, apples.

Safe Preparation Skills: Fork Secure



Place the food to be cut on a chopping board.

If the food is likely to move or wobble, e.g. a tomato, hold it securely at the edges.

In a firm but controlled way, dig the fork prongs into the food going downwards towards the chopping board.

Continue holding the fork in one hand, take a knife with the other hand and slice the food.

Safety
This method makes sure that the food is stable and keeps finger out of the way.

Tips
Take your time while pushing the fork in the food and make sure you are pushing the fork downwards.

Use
Useful if you find the claw method quite challenging.

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Attachments

Lesson 3 Presentation Preparing Salads.ppt