

Cooking Activity – Over 2's

Fruit salad or fruit kebabs



Fun and easy, children will love chopping up their own fruit to make either fruit salad or fruit kebabs!

You will need:

- A selection of favourite fruits (if the fruits have harder skins, these may need to be removed or large fruits chopped into slightly smaller pieces for the children)
- Child friendly knives (butter knives should be fine)
- Kebab skewers (if making kebabs)
- Large bowl (if making fruit salad)
- Chopping board or plate

Intent: Develop knife skills and confidence, learn about healthy eating.

Implementation: With support, children can chop their own fruit and have an active part in making their own snack or pudding.

How to make the kebabs:

Allow the child (with supervision) to chop up their desired fruits into bite-sized portions and either thread onto a kebab skewer or add to a large bowl.

Have as a healthy snack or pudding

Impact: The children will have developed confidence and skill in using a knife and learnt about healthy eating.

Links to the EYFS

Personal, Social and Emotional:

Enjoys responsibility of carrying out small tasks (30-50 months)

Physical Development:

Shows control in holding and using jugs to pour, hammers, books and mark-making tools. (22-36 months)

Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors (30-50 months)

Uses simple tools to effect changes to materials (40-60+ months)

Eats a healthy range of foodstuffs and understands need for variety in food. (40-60+ months)

Expressive Arts & Design:

Realises tools can be used for a purpose. (30-50 months)

Uses simple tools and techniques competently and appropriately (40-60+ months)

Characteristics of Effective Learning:

Showing a 'can do' attitude, Taking a risk, engaging in new experiences, and learning by trial and error, Maintaining focus on their activity for a period of time, Showing high levels of energy, fascination, Persisting with activity when challenges occur, Being proud of how they accomplished something – not just the end result,

