**Making date: \_\_\_\_\_\_\_\_\_\_\_**

**Learning objective.**

**Today we are learning** … knife skills

**so that**… we can prepare fruit quickly, safely and efficiently

**Fruit Salad**

**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.

1. Add fruit to the mixing bowl
2. Measure ¼ pint of fruit juice and pour over the fruit.
3. Transfer to a container for taking home

**Recipe**

1 Apple

1 Orange

1 Banana

¼ pint of fruit juice

+ 1 extra fruit of your choice

**Equipment**

Chopping board

Vegetable Knife

Washing up equipment

White tray to put ingredients on

Washing up bowl + squirt of liquid

Dish cloth & tea towel

