

Introduction

Fruit is a great medium for food work with young children. The range of fruit available means children can be given the opportunity to develop a number of basic food preparation skills. Fruit can be prepared and arranged in many different ways to give children the opportunity to be creative and gain satisfaction from being able to produce their own dish. Through working with fruit and having the opportunity to explore it in depth, children should feel more inspired to eat, and try, fruit in the future.



Introduce this unit by reading stories which have fruit themes, e.g. The Hungry Caterpillar. Use this to get children talking about fruit, e.g. what they like, what they have tried.

When you show different fruit, remember to halve them so children can see inside. Lots of fruit have surprising and interesting insides, e.g. papaya, melon, kiwi. Before you begin any tasting work, remember to check for allergies in the class and seek parental/carer permission. Should any children in the class have an allergy to a particular ingredient, do not use this ingredient with any children in the class.

When carrying out tasting work, provide a small sample of the ingredient to be tasted. Do not force children to eat anything but encourage them gently and praise those willing to try samples. Explain to children in advance that if they are not able to swallow a sample they may remove it from their mouths with a piece of tissue.



Show children the different ways in which fruit can be found, e.g. fresh, dried, canned, frozen and juiced. Thawed frozen berries are great in layered fruit dishes.

To enable children to have access to a range of interesting fruit, you may need to partly prepare some fruit in advance. For example, a melon could be cut into slices and the skin removed. Children can then secure the slice with a fork and cut it into chunks with a table knife. Allow the children to assist while you prepare fruit for them to work with, e.g. a child could be chosen to help you scoop the seeds out of the melon with a spoon.

Remember, children have smaller hands than adults so ensure equipment and fruit are of an appropriate size.

Some fruit such as bananas and apples will brown quickly once they have been cut. To prevent this pour some orange juice over them.

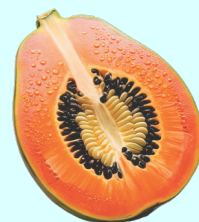
Show children a suitable range of containers to present their dishes. Plastic containers are safest. Use transparent, or translucent coloured containers so the layered effect can be seen.



kiwi fruit



star fruit



paw paw



dried fruit



plastic containers

translucent bowls





It is important to provide children with a good range of ingredients, but too many choices can become overwhelming and distract from the task. Be clear about the ingredients which will be available before children begin their planning so they can decide what they will use in advance.

Get the children to work in pairs so they can take it in turns checking that they are working safely.

It is important to ensure all the children are clear about basic hygiene. Before they cook, ensure the following:

- *Hair is tied back;*
- *Jewellery is removed;*
- *Sleeves are rolled up;*
- *Aprons are on;*
- *Hands are washed;*
- *Children know they must not eat while they are preparing food.*



Set the children the task of finding out about as many different types of fruit as possible. They could interview their families to find out what types of fruit they like, cut out pictures in magazines or draw some of the different fruit they see in the shops.



For more information and resources have a look at

these websites: www.5aday.nhs.uk

www.foodafactoflife.org.uk www.eatwell.gov.uk

