



Beckton & Royal Docks Children's Centre Tip Sheet

Fruit salad recipe

For the ingredients use a selection of fruit, here are some suggestions below:

Bananas

Strawberries

Kiwis

Grapes (cut in half)

Orange

Mango

Fruit juice of your choice

Preparation:

Peel and cut fruit into bite size pieces. Please supervise your child if they helping you, a butter knife would be suitable for the task.

Pour over some fruit juice.

Place into a large bowl, and stir with a wooden spoon to distribute the fruit evenly.

Enjoy!

Use this time to discuss the different textures and colours of the fruit, maybe introduce some new fruits for your child to try.

