

# Recipe for a Healthy Fruit Salad

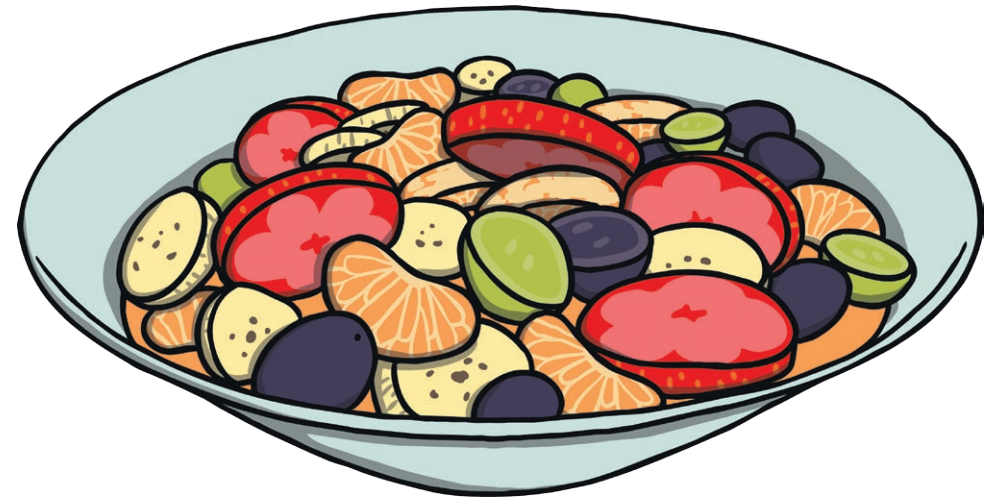
## You will need:

- 3 • one juicy, red apple
- 7 • three plump strawberries
- 10 • a handful of grapes
- 14 • one ripe banana
- 17 • any other fruit that you enjoy eating
- 24 • one cup of fresh, sweet orange juice
- 31 • a large, plastic bowl
- 35 • a sharp knife for an adult to use
- 43 • a spoon

## What to do:

- 48 1) Before you start, make sure that you wash your hands.

- 68 2) With help from a grown-up, cut up your fruit
- 71 into small pieces.
- 80 3) Put the little chunks of fruit into a bowl.
- 90 4) Pour the orange juice over the fruit until it is
- 92 all covered.
- 98 5) Mix the fruit salad and enjoy!



# Quick Questions



1. Number these instructions from 1 to 3 to show the order they must happen in.

- Wash your hands.
- Eat the fruit salad.
- Put the fruit into a bowl.



2. Which two adjectives has the author used to describe the orange juice?

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3. Why does the author say to cut up the fruit 'with help from a grown-up'?

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4. How many strawberries do you need for the recipe?

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