

# Knowledge Organiser – Making Fruit Salad

## Important Information

Fruit salad is a mixture of different fruits mixed with juice or syrup.

Good hygiene is important to make sure germs do not spread. Remember to tie back long hair, wash your hands and wear an apron.

Fruit salad is often served as a healthy dessert.



Peeling



Cutting



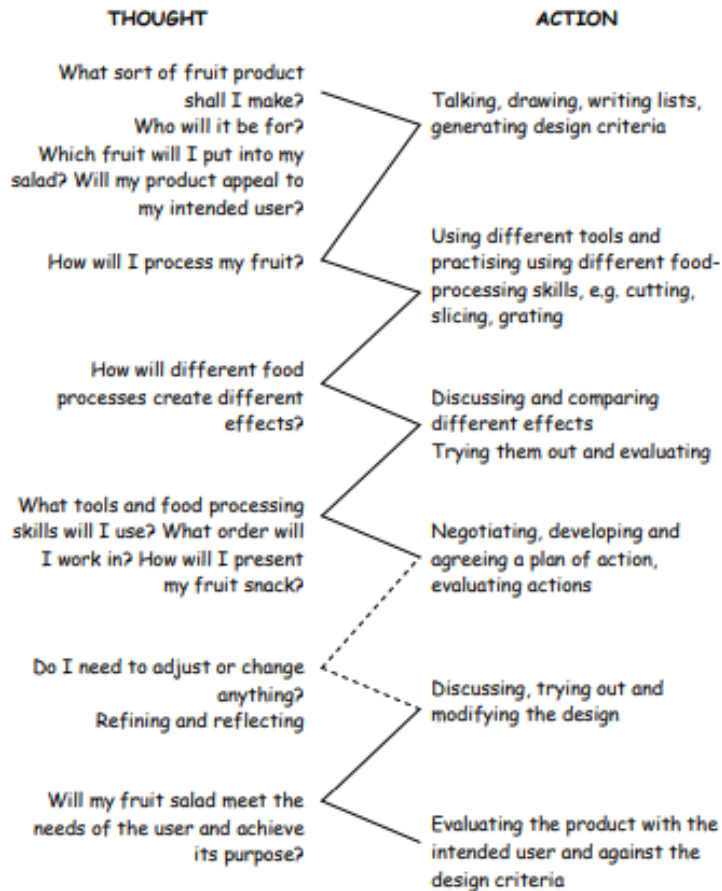
Slicing



Grating



Squeezing



## Key Vocabulary

fruit	sweet foods which grow on trees or plants and have pips.
knife	a tool used for cutting, chopping or slicing.
peeler	a tool used for removing the outer skin of fruit or vegetables.
raw	food which has not been cooked
skin	the outer part of a fruit or vegetable. Sometimes you can eat them.
pips	small hard seeds in a fruit.
juice	the liquid which comes from a fruit.
grate	shred food into small parts.
slice	cut into thin pieces.
chop	cut into larger pieces.
healthy	good for the body.