

## Lesson Plan - Fruit/Vegetable salad

### ADULT SUPERVISION / PERMISSION REQUIRED FOR MAIN TASK 2

( Students/Participants can complete either just Main Task 1 or both 1 and 2. )

Re: @princeandtiger - You can't always have cheese - Page 20

Learning questions:

1. How do I plan to make a fruit/vegetable salad?
2. How do I make a fruit/vegetable salad?

Learning objectives:

1. To be able to plan to make a fruit/vegetable salad.
2. To be able to make a fruit/vegetable salad.

Learning outcome:

1. Produce a completed plan in preparation for making a fruit/vegetable salad.
2. Successful preparation and serving of a fruit/vegetable salad.

**RESOURCES:** Ingredients, chopping board, knife, bowl(s), peeler, can opener, cutlery, apron, kitchen sink.

**STARTER ACTIVITY:** What fruits/vegetables could you put in a salad without having to cut with a knife?

E.G. Cherry tomatoes, berries, grapes, citrus fruits, dried fruits, tinned fruit.

**EXTENSION QUESTIONS:** Can you think of fruits/vegetables that are softer or easier to cut? E.G. Bananas. What else could you add to your salad? E.G. Dressing, nuts, olives.

#### **MAIN TASK 1:**

- Write equipment and ingredients lists. ( Underline titles and use bullet points. )  
**EXTENSION:** List items in alphabetical order.
- Write numbered step by step plan. E.G. 1. Check equipment is safe. 2. Wash the fruits/vegetables.  
**EXTENSIONS:** Write in full sentences. Use adverbs where appropriate (E.G. Carefully).

#### **MAIN TASK 2: ( ADULT SUPERVISION / PERMISSION REQUIRED )**

- Check equipment and ingredients. Make sure everything is safe to use.
- Wash and prepare fruit/vegetables and make salad. ( Try to follow your plan.)
- Enjoy your salad but remember to clean / wash up!

**PLENARY TASK:** Read back through your step by step plan by yourself or with someone else. Is everything in the correct order? Has anything been left out? Can you improve your plan/salad next time?