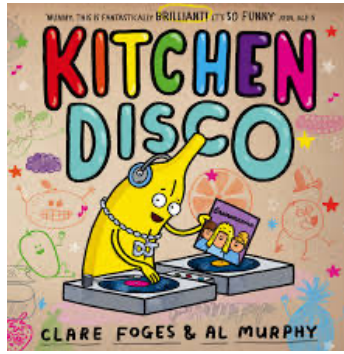


Kitchen Disco Cooking



<https://www.youtube.com/watch?v=j6tXvR56l48>

Read the story "Kitchen Disco". If you don't have it just copy the link below and watch in online. It's a great book celebrating all different fruits. Then make a yummy fruit salad. Explore chopping, mixing different fruits together and explore smelling, tastes and textures.

Fruit salad

What you need:

- Any fruits you have at home
- Fruit juice or could mix with yoghurt
- Bowl
- Spoon
- Knife
- Chopping board

What to do:

1. Wash your hands and then the fruits you want to chop and place on the chopping board.
2. Use the knife with an adult to chop the fruit into bite size pieces.
3. Place the fruit pieces in the bowl.
4. Continue with chopping all the fruits and add to the bowl.
5. Add a splash of juice or if you prefer you could mix with yoghurt.
6. Eat your yummy fruit salad.

Extension activities:

- Matching Pairs

Make a selection of fruits in pairs. Put one of each on a plate and one of each in the bowl. Show and name a piece of fruit in the bowl and ask your child to find the same and place in the bowl. Continue with all of the fruits until the fruit bowl is complete.

- Fruit Disco Hide and Seek

Hide some fruits around the house and then read the Kitchen disco story. After the story is finished, ask the children to go and find the fruits hidden around the house to go to sleep in the fruit bowl.