

Individual Activity Lesson Plan

Date: Tuesday 31 st March 2020	
Activity Title: Making Akeyo's Exotic Fruit Salad	
Learning Intention: To use one handed tools to make a fruit salad.	Activity Overview: Use a knife to cut up a selection of fruits and create a fruit salad.
Links to EYFS: Physical Development: Moving and Handling: To use one handed tools and equipment.	
Equipment: <ul style="list-style-type: none"> Fruits (pineapples, tangerines, oranges , passion fruits, mangos, bananas, guavas, avocados) A knife (adult supervision required at all times) Chopping board Bowl 	Key vocabulary: Knife, fruits, fruit names, chop, slice, cut, peel, healthy.
ACTIVITY IMPLEMENTATION (including key questions)	
<p>Introduction:</p> <ul style="list-style-type: none"> Gather the selection of fruits you will be using for the activity. Lay out the fruits on a table/kitchen bench and use this opportunity to encourage your child to explore and observe what they can see. <ul style="list-style-type: none"> Can you name the fruits? How does this banana feel? Is it longer or shorter than the passion fruit? Which fruit would you like to try the most? <p>Main Activity:</p> <ul style="list-style-type: none"> Explain to your child that today they will be using a knife to chop fruits and make a delicious, tasty snack. Take this time to explain how important it is to use a knife safely. Encourage your child to help you with the preparation e.g. washing and peeling the fruits that you are going to chop. This is a good opportunity to talk about germs and why it is important to wash our hands. Model how to hold and use a knife to chop fruit. Then encourage your child to be as independent as possible to cut the remaining fruit. Place chopped up pieces into a bowl and mix together when finished. Serve and enjoy! <p>Challenge: Encourage the development of your child's Growth Mindset by giving them fruits which are more challenging to chop.</p> <ul style="list-style-type: none"> Model language: 'This is tricky, but I'm going to keep trying', 'Let's work together'. 	
Additional ways to support your child: Support your child by holding onto the knife while they chop to guide them. Encourage the development of fine motor skills by letting them peel oranges or scoop out the contents of a passion fruit, using a spoon.	Extension: Encourage the development of using one handed tools by chopping up other fruits and vegetables at meal times.