

## Oliver's Fruit Salad

*A good book for discussion around where fruits come from and the different kinds of fruits, as well as healthy eating.*

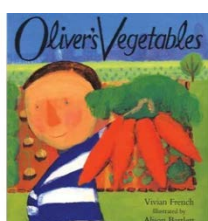
Make a healthy fruit salad or fruit kebabs using a variety of fruits. If possible, introduce some new fruits. Allow your child to help in the preparation, e.g. washing, peeling, chopping etc. Talk about the importance of keeping healthy, eating a range of foods, especially fruit and vegetables.



Have a selection of fruits to look at and discuss the shape, size, colours etc. Compare, sort, group and categorise them, and talk about the similarities and differences e.g. those with skins you can eat, those with skins that must be peeled and can't be eaten, these with stalks etc. Sorting and matching activities help children to develop a range of thinking skills and build the foundations for later concepts. Ask your child to describe the look and feel of the fruits to you, which helps to develop observational and language skills.



Enjoy a fruit printing activity with your child. This allows children to experiment with colour and textures and promotes language skills as you talk about the colours, shapes etc



Other 'Oliver' books that also make good reading and reinforce healthy foods.....

Why not send us some photographs of the lovely activities you have done with the fruit?

