



## Recipe of the Month August 2026

### Fruit Salad

#### Ingredients

- \* Apples
- \* Bananas
- \* Pears
- \* Strawberries



#### Method

1. Ask your child to wash and dry the apples, pears and strawberries, then peel the bananas.
2. Using a child-friendly knife and chopping board, encourage your child to practise their fine motor skills by carefully cutting the fruit into bite-sized pieces.
3. Place the chopped fruit into a bowl and gently mix together with a spoon. Add a spoonful of fresh orange juice for extra flavour, if desired.
4. Feel free to use any fruits your child enjoys, or introduce new fruits to help them explore different tastes and textures.

We would love the children to take part in a simple cooking activity at home. Cooking is a great way for children to develop important skills such as communication, fine motor skills, early maths and independence.

We would love if you share your photos with us on Tapestry!