

Fruity Fun Hats

You will need -

Chopping Board
Knife
Toothpicks

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to try and be as colourful as possible, and stick to your portion sizes)

Strawberries
Bananas
Seedless Grapes

Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands



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Method -

1. On a chopping board use your bridge hold or claw grip to cut off the stalk end of your strawberries to create a flat bottom
2. Peel your banana
3. Using your claw grip cut your banana into slices
4. Pierce your grape with the toothpick
5. Add a banana slice on top
6. Add your strawberry so the flat side is on the banana
7. Finally, cut a slice of banana into quarters
8. Add to the top of the strawberry to create a pompom on the top of the hat

Eat straight away



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