

Fruit Salad Money Passport Challenge

Introduction

It is preferable to implement this challenge in succession to the Comparison Challenge.

For these parts, you will need to buy the fruit and vegetables necessary to make a salad and a fruit salad. See the recipe cards for ingredients. This is a special occasion so it could be an end of topic treat. It could also be a healthy eating enterprise project. The produce could be sold to other pupils or parents invited.

This could also be developed as a transition project. Secondary pupils could have the role of being the stall holders.

Equipment:

a knife and a chopping board for each group and 6 for the market stalls, 2 bowls for each group, a jar for each group, a bottle of oil and vinegar, 2 recipe cards for each group, fruit and vegetables required for the recipes.

Begin this session by discussing the importance of being able to measure accurately. This is an important skill when following a recipe.

Explain that they are going to follow a recipe, in French, to make a salad and a fruit salad. The learners will need to buy the necessary quantities of fruit and vegetables from the market stalls set up in class.

Support Notes for Challenge

There should be 6 stalls, each with a set of scales, a chopping board and knife. Ensure that the knives are not sharp e.g. ones that the children would use in the school canteen. Have two slightly sharper ones which can be used under adult supervision and demonstrate how to use them. These can be used for apples, carrots or radishes.

Each group will also need a chopping board and knife in the area where they are preparing the salads.

Learners work in groups of 4 and have assigned roles:

- the market stall holder is responsible for weighing the correct amount of fruit or vegetables
- responsible for reading the recipe and asking for the ingredients from the stall holder
- responsible for washing the fruit and vegetables
- responsible for cutting the fruit and vegetables

Learners may assist each other in these tasks.

There will also be a salad dressing station. This should be set up with ingredients and instructions. You will need a collection of small empty jars as these are practical for making and shaking salad dressing. This station should be used if the market stalls are too busy. This station also gives a science focus as there can be discussion around the fact that oil and vinegar don't mix and can only create a very temporary emulsion.

As learners complete the task, they are encouraged to use all the vocabulary they have learned during this process.

Once the salad is made, you can have a celebration and eat it!

You may wish to develop this activity further and recuperate costs by inviting parents to come to your Healthy Eating French Cafe, which serves only fresh fruit and vegetables. It could also be made extra special by having a "bureau de change" at the entrance, where parents can exchange their Pounds for the printed Euros and then pay with these.